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GOODNESS

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NOV - DEC 2023

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Cheer!**

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THAT SLEIGH!**

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Big Smiles:**
*Baking Christmas
Cookies with Kids*

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GLASS TO JOY
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DELIGHTS**

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GOODNESS

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**FROM TURKEY TO MINCE PIES,
AND EVERYTHING IN BETWEEN,
WE HAVE ALL THAT YOU NEED TO
CELEBRATE CHRISTMAS AND THE
HOLIDAY SEASON.**



**CHRISTMAS CAP
(ASSORTED)**



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SANTA FIGURES**



CHRISTMAS DECORATION WITH LIGHTS



CHRISTMAS CRACKERS



CHRISTMAS DECORATIONS (ASSORTED)



CHRISTMAS MUG IN GIFT BOX



CHRISTMAS GINGER HOUSE KIT



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MELEGATTI PANETTONE / IL PANDORO



VIENNA BAKERY CUPCAKES

Refreshingly smooth...
Exceptionally, satisfying taste!



Chop it up

Remember how precarious you used to make your sandwiches as a kid? Huge slices of veggies, proteins and sauces piled high on each other resembling a yummy Burj Khalifa? Well now instagrammers are taking it all down! Instead of opening up wide to get the perfect bite that includes all your sandwich toppings, why not cut them all up into bite sized portions instead? A chopped Italian sandwich combines different deli meats and cheeses, lettuce, tomatoes and pickled bits like pepperoncini. Instead of layering the ingredients on the bread, you lay the ingredients on top of each other on a cutting board, and then chop everything together until it's all tiny. Then take the chopped ingredients and mix with the mayo and vinaigrette or any other dressings you like, then scoop into your sandwich roll. Choose bread that tends to be on the softer side, so that it soaks up some of the delicious juice. Et voila!

Tiny but mighty

Used by many civilizations for many millennia, amaranth is one of the ancient supergrains that seems to have suddenly take over the minds and imaginations of those hoping to have healthier lifestyles. Amaranth has many micronutrients and anti-inflammatory properties that helps in lowering cholesterol, aids in weight loss, and is gluten-free. Roast it and use in salads or smoothies or granola, add to soups or stews to bulk them up, cook as an alternative to rice or pasta or make it into a candy when made as a substitute for peanut brittle. Also fantastic to use in baking for gluten free bread, pancakes, waffles and even in cakes. Studies have shown that amaranth is especially high in manganese and phenolic acids that act as antioxidants. These super seeds are also great against cholesterol and metabolism issues.





A shot of oil

Popular coffee chains around the world are now bringing up an ancient ritual of drinking olive oil in their coffee. Adding any fat into your morning cup of coffee might feel weird, but if you've ever enjoyed your coffee with full-fat milk or a cream-based cold foam, you've added fat to your coffee. Beyond that, the 2010s, the big rage was butter coffee that was having its moment in the limelight. Many celebrities and trainers touted it as a way to stay full for longer and give drinkers the energy they needed for intense workouts. Adding butter to coffee is a mainstay in Singapore and tea mixed with yak butter has been drunk for centuries in various regions of the Himalayas, to warm themselves up before working in the cold. If you want to try this trend at home, start with dark roast coffee. Experts state olive oil can soften the strong bitterness and acidity found in coffee, with the molecules of fat in the oil taking the edge off of coffee's flavour.

Cloudy with a chance of Bread!

Cloud bread, sometimes calls oopsie bread because it was first made by mistake, is a gluten-free, low carb bread substitute made with eggs and cream cheese. It has a light, airy texture and requires no flour. This bread has been around for years, but more recently there has been a Tiktok trend that made it popular all over again. And even more recently, it went viral again when instagrammers and tiktokers started spicing it up and adding seeds and nuts to it.

Use large eggs. Separate the egg yolks and whites. Most cloud bread recipes are made with cream cheese, or get a buttery flavor from using mascarpone. Other options are Greek yogurt (or keto yogurt), or even super thick coconut cream could also work. Use a bit of salt for balance. The rolls won't be salty. Preheat the oven. Whip egg whites in a bowl. In a second large bowl, use the mixer to beat mascarpone or cream cheese, egg yolks, and sea salt, until smooth. Add any spices or seeds you like into the bowl! Paprika, Italian seasoning, sunflower seeds, chopped up nuts! Carefully and gradually fold the meringue into the other mixture. Spoon the mixture onto a greased baking paper to form discs. Bake until golden.





TASTE THE WORLD

Playful Paprika

Paprika is a sweet and smoky spice that is synonymous with Hungarian cuisine. An essential ingredient in many traditional dishes, it adds vibrant color, rich flavor, and a hint of spiciness to the traditional foods of Hungary.

The history of paprika in Hungary dates back to the 16th century when chili peppers arrived from the New World to Europe and in the 18th century, paprika production began in the Hungarian region of Szeged and Kalocsa. These areas have favorable growing conditions with fertile soil, warm summers, and ample sunshine, making them ideal for cultivating chili peppers.

Paprika is made by grinding dried the bigger and slightly sweeter chili peppers into a fine powder. The process involves carefully drying and grinding the peppers, ensuring their natural flavors and vibrant colors are preserved. Traditionally, this was done by hand using stone mills and often many women did it at home as well.

The flavor profile of Hungarian paprika can vary depending on the level of spiciness desired. It can range from sweet and mild to hot and pungent. Nowadays paprika is combined with other ingredients such as garlic, mushroom, and even scotch bonnet chillies to make pastes and sauces that cater to tastes from around the world.

Paprika is not only an essential ingredient in Hungarian cuisine but it is often considered the defining spice that sets their dishes apart from others. Traditional Hungarian recipes such as goulash, paprikash, and

stuffed peppers heavily rely on the distinctive flavor and vibrant color of paprika.

One of the most famous Hungarian dishes featuring paprika is goulash. This hearty stew is made with tender chunks of beef or lamb, onions, garlic, peppers, and potatoes, with copious amounts of paprika. Another popular Hungarian dish is chicken paprikash. This comforting dish consists of chicken pieces cooked in a creamy paprika sauce and served over homemade dumplings or egg noodles.

Besides its culinary uses, paprika has also found its way into Hungarian folk medicine and cultural practices. It was believed to have medicinal properties, such as boosting digestion, improving blood circulation, and even warding off evil spirits.

Hungarian paprika has become an ambassador for Hungarian cuisine and a symbol of the country's gastronomic heritage. Many visitors to Hungary make sure to bring back paprika as a souvenir, with various varieties of paprika powders and sauces making their debut on tables around the world!

Try this simple and traditional Hungarian recipe that showcases the flavor and the distinctive smoky-spiciness of paprika:

Chicken Paprikash

Ingredients

4 chicken thighs (or any other cuts you prefer)
1 large onion, chopped
2 cloves of garlic, minced
2 tablespoons Hungarian sweet paprika
1 cup chicken broth

1 cup sour cream
Salt and pepper to taste
2 tablespoons vegetable oil
Chopped parsley for garnish

Instructions

1. In a large pan or pot, heat the vegetable oil over medium heat.
2. Season the chicken thighs with salt and pepper.
3. Brown the chicken thighs on both sides until they develop a golden crust. Once browned, remove them from the pan and set aside.
4. In the same pan, add the chopped onion and minced garlic. Sauté them until they become translucent and fragrant.
5. Sprinkle the paprika over the onions and garlic, stirring well to coat the mixture. Be careful not to burn the paprika, as it can turn bitter.
6. Return the chicken thighs to the pan, coating them with the paprika mixture.
7. Pour in the chicken broth, making sure it covers the chicken thighs.
8. Cover the pan with a lid and let the chicken simmer over low heat for about 30-40 minutes until it becomes tender and the flavors meld together.
9. In a small bowl, whisk the sour cream until it becomes smooth.
10. Once the chicken is cooked, remove it from the pan and set it aside on a serving platter.
11. Gradually add the sour cream to the pan, stirring well to incorporate it into the broth.
12. Bring the sauce to a gentle simmer, allowing it to thicken slightly.
13. Taste and adjust the seasoning with salt and pepper if needed.
14. Pour the sauce over the chicken thighs, garnish with chopped parsley, and serve with Hungarian dumplings or egg noodles.

Some ingredients

Almarai
Sour Cream



Onion India



Seara
Chicken Thighs



THE BROTHLAB
Chicken Broth



3 WAYS WITH CHESTNUTS

Some ingredients

Fresh Thyme



Goodness Foods Black Pepper Powder



Maggi Vegetable Stock



Ah, chestnuts – those plucky little nuggets of flavor hidden within their spiky armor, ready to embark on a culinary adventure of a lifetime! Join us as we journey into the world of chestnut recipes, where these quirky nuts bring warmth and nuttiness to your dishes like never before. From savory to sweet, from roasting to risotto, these little nutty heroes are here to steal the spotlight and capture your taste buds in their delicious escapades.

Chestnut Soup A Warm Hug for Your Tummy

Imagine a warm, cozy hug for your tummy on a chilly Christmas evening – that's what a chestnut soup brings. It's like inviting a whole forestry of flavors to your dinner table.

Ingredients

450g fresh chestnuts or 1 can of peeled and cooked chestnuts
1 medium onion, chopped
2 cloves garlic, minced
2 tablespoons butter or olive oil
4 cups vegetable or chicken broth
1 bay leaf

1 sprig of fresh thyme (or 1/2 teaspoon dried thyme)
Salt and pepper, to taste
1/2 cup (120ml) cream (or a dairy-free alternative)
Chopped fresh parsley, chopped chestnuts or chives for garnish (optional)

Instructions

1. If using fresh chestnuts, start by scoring a small "X" on the flat side of each chestnut using a sharp knife. This will help you peel them later. Then, place the chestnuts in a saucepan, cover them with water, and bring to a boil. Simmer for about 15-20 minutes until they're tender. Drain, let them cool slightly, and peel the chestnuts while they're still warm. If using canned chestnuts, skip this step.
2. In a large soup pot, melt the butter or heat the olive oil over medium heat. Add the chopped onion and garlic. Sauté for about 5 minutes until they become translucent and fragrant.
3. Add the peeled chestnuts to the pot and cook for another 2-3 minutes, stirring to combine them with the onions and garlic.
4. Pour in the vegetable or chicken broth and add the bay leaf and thyme. Bring the mixture to a boil, then reduce the heat to low, cover, and simmer for about 20-25 minutes, or until the chestnuts are very tender.
5. Remove the bay leaf and thyme sprig if you used fresh thyme. Then, use an immersion blender or transfer the soup to a blender in batches to puree it until smooth. If using a regular blender, be sure to allow the soup to cool slightly before blending and be careful when blending hot liquids.
6. Return the pureed soup to the pot if you used a regular blender. Season the soup with salt and pepper to taste.
7. Stir in the cream (or dairy-free alternative) and warm the soup over low heat for a few minutes until it's heated through.
8. Serve hot, garnished with chopped fresh parsley or chives if desired.

Chestnut Risotto

Ris-kay and Delicious

Risotto is like the daring tightrope walk of the culinary world. Add chestnuts to the mix, and you've got a recipe with slightly sweet, nutty notes turning ordinary risotto into a nutty extravaganza.

Ingredients

1 cup Arborio rice
1/2 cup dry white wine (optional)
1 small onion, finely chopped
2 cloves garlic, minced
1 cup cooked and peeled chestnuts (canned or vacuum-sealed)
4 cups chicken or vegetable broth

2 tablespoons butter
2 tablespoons olive oil
1/2 cup grated Parmesan cheese
Salt and black pepper, to taste
Chopped fresh parsley or chestnut slivers for garnish (optional)

Instructions

1. Heat the olive oil and 1 tablespoon of butter in a large skillet or saucepan over medium heat.
2. Add the chopped onion and garlic and sauté for about 2-3 minutes until they become translucent and fragrant.
3. Add the Arborio rice to the skillet and stir to coat it with the oil and butter. Cook for another 2-3 minutes, stirring occasionally until the rice turns slightly translucent at the edges.
3. If using wine, pour in the white wine and stir until it's mostly absorbed by the rice.
4. Begin adding the warm broth, one ladle at a time, stirring continuously. Allow each ladle of broth to be mostly absorbed by the rice before adding the next. Continue this process for about 18-20 minutes, or until the rice is tender with a slight bite (al dente) and has a creamy consistency.
5. About halfway through the cooking process, add the cooked and peeled chestnuts to the risotto. You can roughly chop them before adding if you prefer smaller pieces.
6. Once the risotto reaches the desired creamy consistency and the rice is cooked to your liking, remove it from the heat.
7. Stir in the remaining tablespoon of butter and grated Parmesan cheese. Season with salt and black pepper to taste.
8. Let the risotto rest for a minute or two to allow the flavors to meld together.
9. Serve the chestnut risotto hot, garnished with chopped fresh parsley or chestnut slivers if desired.

Some ingredients

Chestnuts



Kraft Grated Parmesan Cheese



Vignola Arborio Rice



Chestnut Cake Mont Blanc

Nutty Heaven

From chestnut cakes that crumble with nutty goodness to chestnut ice cream, chestnuts sparkle in the world of desserts. They're like the sweet surprise in every bite, taking your taste buds on a sweet adventure. Mont Blanc is a delightful French dessert featuring sweet chestnut puree, and it's often enjoyed as a cake.

Ingredients

For the Chestnut Puree:

- 1 can (about 14 ounces/400g) sweetened chestnut puree
- 1/2 cup heavy cream
- 1 teaspoon pure vanilla extract

For the Cake:

- 1 1/2 cups all-purpose flour
- 1 1/2 teaspoons baking powder
- 1/4 teaspoon salt
- 1/2 cup (1 stick) unsalted butter, softened

- 1 cup granulated sugar
- 3 large eggs
- 1 teaspoon pure vanilla extract
- 1/2 cup whole milk

For the Topping:

- 1 1/2 cups heavy cream
- 2 tablespoons powdered sugar
- 1 teaspoon pure vanilla extract
- Chestnut puree (from above)

Instructions

For the Chestnut Puree:

1. In a bowl, combine the sweetened chestnut puree, heavy cream, and vanilla extract.
2. Use an electric mixer to whip the mixture until it's smooth and well combined. Set aside.

For the Cake:

1. Preheat your oven to 350°F (175°C). Grease and flour a 9-inch (23 cm) round cake pan or springform pan.
2. In a bowl, whisk together the flour, baking powder, and salt. Set aside.
3. In a separate bowl, cream together the softened butter and granulated sugar until light and fluffy, about 2-3 minutes.
4. Add the eggs one at a time, beating well after each addition. Stir in the vanilla extract.
5. Gradually add the dry ingredients to the wet ingredients, alternating with the milk, beginning and ending with the dry ingredients. Mix until just combined.
6. Pour the batter into the prepared cake pan and spread it evenly.

7. Bake in the preheated oven for about 25-30 minutes or until a toothpick inserted into the center comes out clean.
8. Allow the cake to cool in the pan for about 10 minutes, then transfer it to a wire rack to cool completely.

For the Topping:

1. In a chilled mixing bowl, whip the heavy cream, powdered sugar, and vanilla extract until stiff peaks form.

Assembling the Mont Blanc:

1. Once the cake has cooled, carefully slice it horizontally into two layers.
2. Spread a generous layer of chestnut puree on the bottom cake layer.
3. Place the second cake layer on top.
4. Pipe or spoon the whipped cream on top of the cake.
5. Use a pastry bag or a plastic sandwich bag with a corner snipped off to pipe swirls of chestnut puree on top of the whipped cream.
6. Optionally, you can garnish with chopped chestnuts or chocolate shavings for added texture and flavor.



Unusual Christmas recipes are a delightful departure from tradition, offering a unique twist on holiday classics. From stuffed turkey rolls to vegan wellingtons, these recipes bring unexpected flavors and creativity to the festive table. They spark culinary adventures and create memorable moments, reminding us that the magic of Christmas can be found not only in familiar traditions but also in the joy of exploring new, unexpected tastes. So, this holiday season, why not add a dash of culinary curiosity to your celebration and savor the unexpected?

Yule Love this

Innovative Christmas Recipes!

CHRISTMAS TURKEY BREAST ROLL STUFFED WITH CHEESE, HAZELNUTS, CRANBERRIES, AND HERBS

Ingredients

For the Turkey Roll:

- 1 boneless turkey breast (about 2-3 pounds)
- Salt and pepper, to taste
- 1 cup shredded cheese (such as Gruyère or Swiss)
- 1/2 cup chopped hazelnuts
- 1/2 cup dried cranberries
- 2 tablespoons fresh rosemary, chopped
- 2 tablespoons fresh thyme, chopped
- 2 tablespoons olive oil

For the Gravy:

- 2 tablespoons butter
- 2 tablespoons all-purpose flour
- 1 cup chicken or turkey broth
- Salt and pepper, to taste

Instructions:

For the Dough:

1. Preheat your oven to 375 °F (190 °C).
2. Lay the boneless turkey breast flat on a cutting board. If there is a thin side and a thicker side, use a meat mallet to gently pound the thicker side to even out the thickness.
3. Season both sides of the turkey breast with salt and pepper.
4. In a bowl, combine the shredded cheese, chopped hazelnuts, dried cranberries, fresh rosemary, and fresh thyme.
5. Spread the cheese and nut mixture evenly over the

turkey breast, leaving a small border around the edges.

6. Carefully roll up the turkey breast, starting from one end, to create a compact roll. Secure the roll with kitchen twine at regular intervals to keep it together.
7. Heat olive oil in an ovenproof skillet or roasting pan over medium-high heat. Place the turkey breast roll seam side down in the pan and sear for about 2-3 minutes on each side until it's nicely browned.
8. Transfer the skillet or roasting pan to the preheated oven and roast the turkey roll for about 30-40 minutes, or until the internal temperature reaches 165 °F (74 °C) when measured with a meat thermometer.
9. Remove the turkey roll from the oven, transfer it to a cutting board, and let it rest for about 10 minutes before slicing.

For the Gravy:

1. While the turkey is resting, make the gravy. In a saucepan, melt the butter over medium heat.
2. Add the flour and whisk constantly for 1-2 minutes to create a roux.
3. Gradually whisk in the chicken or turkey broth until the mixture is smooth. Cook, stirring constantly, until the gravy thickens.
4. Season the gravy with salt and pepper to taste.
5. Slice the turkey roll into rounds and serve alongside the delicious gravy.

Some ingredients

Ocean Spray
Dried Cranberries



Kraft Shredded Swiss
Cheese



Senora Boneless
Turkey Breast



Supervalu Whole
Hazelnuts





CHOCOLATE YULE LOG WITH MERINGUE MUSHROOMS AND MINT LEAVES

Some ingredients

Cadbury Cocoa Powder



Earth Goods Organic
Gluten Free
All Purpose Flour



Goodness Foods
Organic Eggs



Ingredients

For the Cake Roll:

- 4 large eggs, separated
- 1/2 cup granulated sugar
- 1/3 cup all-purpose flour
- 1/4 cup unsweetened cocoa powder
- 1 teaspoon baking powder
- 1/4 teaspoon salt
- 1 teaspoon vanilla extract

For the Filling:

- 1 1/2 cups heavy cream
- 2 tablespoons powdered sugar
- 1 teaspoon vanilla extract

For the Chocolate Glaze:

- 6 ounces (about 1 cup) semisweet chocolate chips
- 1/2 cup heavy cream
- 1 tablespoon unsalted butter

For the Meringue Mushrooms:

- 2 egg whites
- 1/2 cup granulated sugar
- 1/4 teaspoon cream of tartar
- Cocoa powder (for dusting)
- Mini chocolate chips (for mushroom "stems")

For Decoration: Fresh mint leaves

Instructions:

For the Cake Roll:

1. Preheat your oven to 350°F (175°C). Grease a 15x10-inch (38x25 cm) jelly roll pan and line it with parchment paper, leaving an overhang on the long sides.
2. In a mixing bowl, beat the egg yolks and sugar together until thick and pale. Stir in the vanilla extract.
3. In a separate bowl, sift together the flour, cocoa powder, baking powder, and salt.
4. Gradually add the dry ingredients to the egg yolk mixture and mix until well combined.
5. In another clean, dry bowl, beat the egg whites until stiff peaks form.
6. Gently fold the egg whites into the batter until no streaks remain.
7. Pour the batter into the prepared pan and spread it out evenly.
8. Bake in the preheated oven for about 12-15 minutes, or until the cake is set and springs back when lightly touched.
9. While the cake is still warm, invert it onto a clean kitchen towel dusted with powdered sugar. Carefully peel off the parchment paper.

10. Roll up the cake from the short end, using the towel to help. Allow it to cool completely while rolled up.

For the Filling:

1. In a mixing bowl, whip the heavy cream, powdered sugar, and vanilla extract until stiff peaks form.

For the Chocolate Glaze:

1. In a microwave-safe bowl, combine the chocolate chips, heavy cream, and butter.
2. Microwave in 20-second intervals, stirring after each, until the mixture is smooth and well combined. Set aside to cool slightly.

For the Meringue Mushrooms:

1. Preheat your oven to 225°F (110°C) and line a baking sheet with parchment paper.
2. In a clean, dry bowl, beat the egg whites until foamy. Add the cream of tartar and continue beating until soft peaks form.
3. Gradually add the sugar while continuing to beat until stiff, glossy peaks form.
4. Transfer the meringue mixture to a piping bag fitted with a round tip (or use a plastic sandwich bag with a corner snipped off).
5. Pipe mushroom caps and stems onto the prepared baking sheet. Use a damp fingertip to smooth any peaks on the caps.
6. Bake in the preheated oven for about 1 hour, or until the meringues are dry and can be easily lifted off the parchment paper.
7. To assemble the mushrooms, attach the mushroom caps to the stems using a little leftover melted chocolate or royal icing.

To Assemble the Yule Log:

1. Carefully unroll the cooled cake and spread the whipped cream filling evenly over the surface.
2. Roll up the cake again, this time without the towel. Place it seam side down on a serving platter.
3. Pour the chocolate glaze over the rolled cake, allowing it to drip down the sides.
4. Decorate the Yule Log with meringue mushrooms and mint leaves.
5. Chill the Yule Log in the refrigerator for at least 2 hours before serving.
6. Slice and enjoy your homemade Chocolate Yule Log with Meringue Mushrooms and Mint Leaves as a festive holiday treat!

CRANBERRY PECAN CHEESEBALL

Ingredients

About 1 cup cream cheese, softened
1/2 cup shredded sharp cheddar cheese
1/4 cup dried cranberries, finely chopped
1/4 cup pecans, finely chopped
2 green onions, finely chopped (both white and green parts)
1/2 teaspoon garlic powder
1/4 teaspoon salt
1/4 teaspoon black pepper
1/4 teaspoon paprika (for garnish, optional)
1/4 cup chopped pecans (for coating)

Instructions:

1. In a mixing bowl, combine the softened cream cheese, shredded cheddar cheese, finely chopped dried cranberries, finely chopped pecans, chopped green onions, garlic powder, salt, and black pepper. Mix everything together until well combined.
2. Lay out a large piece of plastic wrap on your work

surface. Scoop the cheese mixture onto the plastic wrap.

3. Use the plastic wrap to help shape the mixture into a ball. Twist the plastic wrap securely around the cheeseball and refrigerate for at least 1 hour, or until firm. You can also leave it in the fridge overnight.
4. While the cheeseball is chilling, you can prepare the coating. In a small plate or shallow dish, place the chopped pecans. If you want, you can also mix in a little paprika and herbs for extra flavor and a pop of color.
5. After the cheeseball has chilled and firmed up, remove it from the plastic wrap and gently roll it in the chopped pecans, making sure the pecans adhere to the surface.
6. Place the cheeseball on a serving platter and garnish with a sprinkle of paprika, if desired.
7. Serve the Cranberry Pecan Cheeseball with crackers, sliced baguette, or vegetable sticks.

Some ingredients

Green Onions Leaves



Natco Garlic Powder



Pecan Nuts



President Cream Cheese



Some ingredients

Pure & Sure Organic
Brown Sugar



Schwartz Ground Nutmeg



SuperValu Pure
Maple Syrup



Sweet Potatoes



SWEET POTATOES WITH TOASTED MARSHMALLOWS, CHEESE, SCALLIONS, AND ITALIAN PARSLEY

Ingredients

- 4 large sweet potatoes or yams
- 1/4 cup unsalted butter, melted
- 1/4 cup brown sugar
- 1/4 cup maple syrup
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon salt
- 1 cup shredded sharp cheddar cheese
- 1 cup mini marshmallows
- 2 scallions, finely chopped
- 2 tablespoons fresh Italian parsley, chopped

Instructions:

1. Preheat your oven to 375 °F (190 °C).
2. Wash and scrub the sweet potatoes thoroughly. Pierce each sweet potato a few times with a fork.
3. Place the sweet potatoes on a baking sheet and roast them in the preheated oven for about 45-60 minutes, or until they are fork-tender. The cooking time may vary depending on the size of your sweet potatoes.
4. Remove the sweet potatoes from the oven and let them cool slightly. Once cool enough to handle,

peel off the skins and slice them into rounds about 1/2-inch thick.

5. In a large bowl, mix together the melted butter, brown sugar, maple syrup, ground cinnamon, ground nutmeg, and salt.
6. Add the sliced sweet potatoes to the bowl and gently toss them in the mixture until they are well coated.
7. In a cast-iron skillet (or a baking dish), arrange the sweet potato slices in an even layer.
8. Sprinkle the shredded cheddar cheese evenly over the sweet potatoes.
9. Top the cheese with mini marshmallows, covering the entire surface.
10. Place the skillet in the oven and bake for about 15-20 minutes, or until the marshmallows are golden brown and bubbly.
11. Remove the skillet from the oven and sprinkle the chopped scallions and Italian parsley over the top for a fresh garnish.
12. Serve the sweet potatoes in the cast-iron skillet, either as a side dish or a centerpiece.
13. Enjoy the sweet, savory, and gooey goodness of this classic American Thanksgiving side dish!

HOMEMADE VEGAN WELLINGTON WITH CARROTS, BEANS, AND MUSHROOMS

Ingredients

For the Filling:

- 1 cup canned cannellini beans, drained and rinsed
- 2 cups mushrooms (cremini or button), finely chopped
- 2 carrots, finely grated
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 1/2 cup fresh spinach, chopped
- 1/4 cup fresh parsley, chopped
- 1 tablespoon olive oil
- 1 teaspoon thyme, dried
- Salt and black pepper, to taste

For Assembly:

- 1 sheet vegan puff pastry (check ingredients to ensure it's vegan)
- 2 tablespoons Dijon mustard (ensure it's vegan)
- 1 tablespoon non-dairy milk (for brushing)

Instructions:

1. Preheat your oven to 375 °F (190 °C).
2. In a large skillet, heat the olive oil over medium heat. Add the chopped onion and cook for about 2-3 minutes until it becomes translucent.
3. Add the minced garlic and mushrooms to the skillet. Cook for about 5-7 minutes, or until the mushrooms release their moisture and it evaporates.
4. Stir in the grated carrots, chopped spinach, parsley, dried thyme, salt, and black pepper. Cook for another 3-4 minutes until the mixture is well combined and slightly tender. Remove it from heat.
5. In a food processor, combine the cannellini beans and half of the cooked mushroom mixture. Pulse until the mixture is mostly smooth but still has some texture.
6. In a large mixing bowl, combine the bean-mushroom mixture with the remaining half of the cooked mushroom mixture. This forms the filling for your Wellington.
7. Roll out the vegan puff pastry sheet on a lightly floured surface into a rectangle large enough to wrap around the filling.
8. Spread a layer of Dijon mustard over the puff pastry sheet, leaving a border around the edges.
9. Spoon the mushroom, bean, and vegetable filling onto the pastry, spreading it evenly in the center.
10. Carefully fold the pastry over the filling to create a log shape, sealing the edges by pressing them together. Place the Wellington seam side down on a baking sheet lined with parchment paper.
11. Brush the top of the Wellington with non-dairy milk, which helps it achieve a golden-brown color during baking.
12. Bake in the preheated oven for 25-30 minutes, or until the pastry is puffed up and golden brown.
13. Remove the Wellington from the oven and let it cool slightly before slicing and serving.

Some ingredients

Bunalun Organic
Cannellini Beans



Button Mushrooms



Carrot Australia



Spinach Leaves
Italy



Some ingredients

Goodness Foods
Corn Starch



Koita
Whole Milk



SuperValu
Mixed Berries



CHRISTMAS TRIFLE PUDDING

Ingredients

For the Sponge Cake Layer:

1 store-bought sponge cake or homemade sponge cake (about 8-10 ounces)

For the Custard Layer:

2 cups whole milk
4 large egg yolks
1/2 cup granulated sugar
1/4 cup cornstarch
1 teaspoon vanilla extract

For the Fruit Layer:

2 cups mixed berries (strawberries, blueberries, raspberries)
1/2 cup raspberry or strawberry jam or jelly

For the Whipped Cream Layer:

2 cups heavy cream
2 tablespoons powdered sugar
1 teaspoon vanilla extract

For Decoration:

Additional berries, mint leaves, and grated chocolate (optional)

Instructions:

For the Custard Layer:

1. In a medium saucepan, whisk together the egg yolks, sugar, cornstarch, and a pinch of salt until well combined and slightly pale.
2. Gradually whisk in the milk until the mixture is smooth.
3. Place the saucepan over medium heat and cook, stirring constantly, until the custard thickens and comes to a gentle boil. This should take about 5-7 minutes.

4. Remove the custard from heat and stir in the vanilla extract. Transfer it to a bowl and cover the surface with plastic wrap to prevent the skin from forming. Allow it to cool completely.

For Assembly:

1. Cut the sponge cake into cubes or slices.
2. In a trifle dish or a clear glass serving bowl, spread a layer of the sponge cake pieces to cover the bottom.
3. Spread a layer of jam or jelly over the sponge cake pieces.
4. Add a layer of mixed berries on top of the jam.
5. Pour the cooled custard over the berry layer, spreading it out evenly.
6. Add another layer of sponge cake pieces on top of the custard.

For the Whipped Cream Layer:

1. In a mixing bowl, whip the heavy cream, powdered sugar, and vanilla extract until stiff peaks form.
2. Spread the whipped cream over the trifle, creating a thick, fluffy layer.

Decoration:

1. Garnish the trifle with additional berries, mint leaves, and grated chocolate, if desired, for a festive touch.
2. Chill the trifle pudding in the refrigerator for at least 2 hours, preferably longer, to allow the flavors to meld together.
3. Serve!

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Pudding Perfection

Celebrate Christmas in every bite

'Tis the season to indulge and be jolly, and what better way to do that than with decadent, velvety puddings that bring a warm, comforting hug to your soul. As the lights twinkle and the carols fill the air, Christmas is all about creating cherished moments and savoring the sweet joys of life; we bring you a few of our favourite puddings to try this year...

Some ingredients

Goodness Foods Pure Refined Salt



Mandarin Orange



McCormick Ground Cloves



Picture this: a cozy living room, a crackling fireplace, and the unmistakable aroma of freshly baked puddings wafting through the air. It's the magic of Christmas, encapsulated in each spoonful.

These luscious desserts, whether adorned with a drizzle of warm caramel, a sprinkle of powdered sugar, or crowned with a dollop of fluffy whipped cream, are the heart and soul of the holiday season. From classic figgy puddings to the rich

and dreamy chocolate varieties, they invite everyone to gather 'round the table and share in the bliss of this merry time.

Let the pudding be the shining star of your Christmas feast, a culmination of tradition and modern indulgence, a bridge that connects the past with the present.

Puddings - Share them, savor them, and let their sweetness illuminate your holiday celebration.

PLUM PUDDING WITH MANDARINS AND BERRIES

Ingredients

For the Pudding:

- 1 1/2 cups all-purpose flour
- 1/2 cup brown sugar
- 1 tsp baking powder
- 1/2 tsp ground cinnamon
- 1/4 tsp ground nutmeg
- 1/4 tsp ground cloves
- 1/4 tsp salt
- 1/2 cup unsalted butter, melted
- 1/2 cup milk
- 2 eggs
- 1 tsp vanilla extract
- Zest of 1 mandarin orange
- 1 cup mixed berries (e.g., raspberries, blueberries, blackberries)
- 2-3 mandarin oranges, peeled and segmented

For the Sauce:

- 1/2 cup brown sugar
- 1/2 cup unsalted butter
- 1/2 cup heavy cream
- 1 tsp vanilla extract

Instructions

1. Preheat your oven to 350°F (175°C). Grease a 9-inch (23 cm) round baking dish.
2. In a large mixing bowl, combine the flour, brown sugar, baking powder, cinnamon, nutmeg, cloves, and salt.
3. In a separate bowl, whisk together the melted butter, milk, eggs, vanilla extract, and mandarin orange zest.
4. Pour the wet mixture into the dry ingredients and stir until well combined.
5. Gently fold in the mixed berries.
6. Pour the batter into the prepared baking dish and smooth the top.
7. Arrange the mandarin orange segments on top of the batter.
8. Bake in the preheated oven for about 50-45 minutes or until the pudding is golden brown and a toothpick inserted into the center comes out clean.
9. While the pudding is baking, prepare the sauce. In a saucepan, combine the brown sugar, butter, and heavy cream. Cook over medium heat, stirring continuously, until the mixture is smooth and slightly thickened. Remove from heat and stir in the vanilla extract.
10. When the pudding is done, remove it from the oven and let it cool for a few minutes. Serve warm, drizzled with the prepared sauce.



Some ingredients

Best Pistachios



Hershey's Dark Chocolate Bar



SuperValu Digestive Biscuits



CHRISTMAS RICH CHOCOLATE MOSAIC CAKE WITH CHERRIES, CRANBERRIES, PISTACHIOS, AND HONEYCOMB

Ingredients

200g dark chocolate (70% cocoa or higher), roughly chopped
150g unsalted butter
2 tablespoons honey
200g digestive biscuits, broken into pieces
50g dried cherries
50g dried cranberries
50g shelled pistachios
50g honeycomb or cinder toffee, broken into small pieces (buy this or make your own)
Icing sugar, for dusting (optional)

Instructions

1. Line a 7-inch (18 cm) round cake tin with parchment paper.
2. In a large heatproof bowl, melt the dark chocolate and butter together. You can do this by placing the bowl over a pot of simmering water (double boiler) or in the microwave in 20-second intervals, stirring between each interval until smooth.
3. Once the chocolate and butter are melted, remove from heat and stir in the honey. Mix until well combined.
4. Add the broken digestive biscuits, dried cherries, dried cranberries, shelled pistachios, and honeycomb pieces to the chocolate mixture. Stir everything together until the biscuit pieces and other ingredients are well coated with the chocolate.
5. Pour the mixture into the prepared cake tin and press it down firmly to create an even layer.
6. Place the cake tin in the refrigerator and let it chill for at least 3-2 hours, or until it's set.
7. Once the cake is set, remove it from the tin and transfer it to a serving plate. If desired, dust the top with icing sugar for a snowy effect.
8. Slice the Christmas Rich Chocolate Mosaic Cake into thin wedges and serve.





CHOCOLATE PAVLOVA WITH BERRIES

Ingredients

For the Chocolate Pavlova:

- 4 large egg whites
- 1 cup granulated sugar
- 2 tablespoons unsweetened cocoa powder
- 1 teaspoon white vinegar
- 1 teaspoon vanilla extract
- 1/2 cup dark chocolate, finely chopped

For the Topping:

- 1 cup heavy cream
- 2 tablespoons powdered sugar (or to taste)
- 2 cups mixed fresh berries (strawberries, blueberries, raspberries, etc.)

Instructions

1. Preheat your oven to 300°F (150°C). Line a baking sheet with parchment paper.
2. In a clean, dry mixing bowl, whip the egg whites until they form stiff peaks. You can use a hand mixer or a stand mixer for this.
3. Gradually add the granulated sugar, one tablespoon at a time, while continuing to whip the egg whites. Whip until the mixture is glossy and all the sugar is fully incorporated.
4. Sift the unsweetened cocoa powder over the egg white mixture and add the white vinegar and vanilla extract. Gently fold them in with a

spatula until the cocoa is evenly mixed.

5. Sprinkle the finely chopped dark chocolate over the meringue mixture and fold it in as well.
6. Spoon the meringue onto the prepared baking sheet, forming a circle or oval shape. Create a shallow well in the center for the toppings.
7. Bake the pavlova in the preheated oven for about 1 hour and 15 minutes, or until the outside is crisp and the inside is soft. It should have a slight hollow sound when tapped on the bottom.
8. Turn off the oven, leave the oven door ajar, and allow the pavlova to cool completely in the oven.

For the Topping:

1. In a separate mixing bowl, whip the heavy cream and powdered sugar together until soft peaks form.
2. Once the pavlova is completely cool, transfer it to a serving platter.
3. Fill the well in the center of the pavlova with the whipped cream and then top with mixed fresh berries.
4. Serve the chocolate pavlova with berries immediately and enjoy!

Some ingredients

Farm Fresh
White Vinegar



Jenan
Omega 3 Eggs



Valor
Dark Chocolate



Whisking up joy

Baking Christmas Cookies with Kids

Baking Christmas cookies with kids is a joyful tradition that weaves together the warmth of the holiday season and the sweetness of family bonds. The little chefs love to shape cookie dough, with their fun-filled laughter and the aroma of freshly baked treats wafting through the air, creating cherished memories that last a lifetime. It's a time for creativity, learning, and sharing; a magical experience that reminds us of all of the simple joys of togetherness during this special time of year. We bring you a few cookie recipes to try.



Some ingredients

Chefs Pride
Cookie Cutter



Natco
Vanilla Extract



Stained Glass Cookies

These cookies are a favourite with kids!

Ingredients

- 1 cup unsalted butter, softened
- 1 cup granulated sugar
- 1 large egg
- 1 teaspoon vanilla extract
- 3 cups all-purpose flour
- 1/2 teaspoon salt
- Hard candies in various colors
- Cookie cutters in desired shapes

Instructions

Prepare the Dough:

1. In a mixing bowl, cream together the softened butter and granulated sugar until light and fluffy.
2. Add the egg and vanilla extract and mix until well combined.
3. In a separate bowl, whisk together the flour and salt.
4. Gradually add the dry ingredients to the butter mixture, mixing until a dough forms. Divide the dough into two equal portions.

Roll Out the Dough:

1. Place one portion of the dough between two sheets of parchment paper and roll

it out to about 1/4-inch (0.6 cm) thickness. Repeat with the other portion of the dough.

2. Use cookie cutters to cut out shapes from both portions of the dough. You will need two matching shapes for each cookie, one with a small window cut out in the center.
3. Take hard candies in various colors and place them in a ziplock bag. Seal the bag and crush the candies into small pieces using a rolling pin.
4. Place the cookies with the small window cutouts on a baking sheet lined with parchment paper.
5. Fill the center of each cutout with the crushed candies, ensuring they are evenly distributed.
6. Place the matching solid cookie shapes on top of the cookies with the candy centers, pressing them gently to seal the edges.
7. Preheat your oven to 350°F (175°C).
8. Bake the cookies for about 8-10 minutes or until they are just beginning to turn golden around the edges.
9. Remove the cookies from the oven and allow them to cool on the baking sheet for a few minutes. Then transfer them to a wire rack to cool completely.
10. Enjoy.

Brookies

A delightful combination of brownies and cookies

Ingredients

For the Brownie Layer:

- 1/2 cup unsalted butter
- 1 cup granulated sugar
- 2 large eggs
- 1 teaspoon vanilla extract
- 1/3 cup unsweetened cocoa powder
- 1/2 cup all-purpose flour
- 1/4 teaspoon salt
- 1/4 teaspoon baking powder

For the Cookie Layer:

- 1/4 cup unsalted butter
- 1/4 cup brown sugar
- 1/4 cup granulated sugar
- 1/2 large egg (beat an egg and use half of it)
- 1/2 teaspoon vanilla extract
- 1 cup all-purpose flour
- 1/4 teaspoon baking soda
- 1/4 teaspoon salt
- 1/2 cup chocolate chips

Instructions

For the Brownie Layer:

1. Preheat your oven to 350°F (175°C).
Grease an 8x8-inch baking pan and line it with parchment paper for easy removal.
2. In a microwave-safe bowl, melt the 1/2 cup of unsalted butter. Stir in the cocoa powder and let it cool for a few minutes.
3. Stir in the granulated sugar, eggs, and vanilla extract into the cocoa mixture.
4. In a separate bowl, whisk together the

flour, salt, and baking powder.

5. Gradually add the dry ingredients to the wet ingredients and mix until well combined.

6. Pour the brownie batter into the prepared pan and spread it evenly.

For the Cookie Layer:

1. In a separate mixing bowl, cream together the 1/4 cup of unsalted butter, brown sugar, and granulated sugar until light and fluffy.
2. Add the half egg and vanilla extract, and mix until well combined.
3. In another bowl, whisk together the flour, baking soda, and salt.
4. Gradually add the dry ingredients to the butter mixture, and stir in the chocolate chips.
5. Drop spoonfuls of the cookie dough over the brownie batter.
6. Use a spatula to gently spread and press the cookie dough to cover the brownie layer.
7. Bake in the preheated oven for 25-30 minutes or until a toothpick inserted into the center comes out with a few moist crumbs attached.
8. Allow the Brookies to cool in the pan for about 15 minutes, then use the parchment paper to lift them out and transfer them to a wire rack to cool completely.
9. Once cooled, cut the Brookies into squares and enjoy this wonderful fusion of brownies and cookies!

Some ingredients

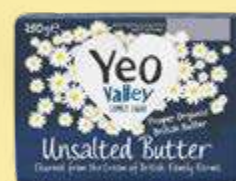
Dr. Oetker
Baking Powder



Hershey's Special Dark
Chocolate Chips 340g



Yeo Valley Unsalted
Butter





Some ingredients

Dr. Oetker Hundreds
& Thousand Sprinkles



McCormick
Almond Extract



Ugly Christmas Sweater Cookies

A fun and creative holiday way to engage kids

Ingredients

For the Sugar Cookies:

2 3/4 cups all-purpose flour
1 teaspoon baking soda
1/2 teaspoon baking powder
1 cup unsalted butter, softened
1 1/2 cups white granulated sugar
1 large egg
1 teaspoon vanilla extract
1/2 teaspoon almond extract (optional)
Royal icing or ready-made icing in various colors for decorating
Sprinkles, mini candies, and edible decorations for embellishing

Instructions

For the Sugar Cookies:

1. In a mixing bowl, whisk together the flour, baking soda, and baking powder. Set this dry ingredient mixture aside.
2. In another bowl, cream together the softened butter and granulated sugar until the mixture is light and fluffy.
3. Beat in the egg and add the vanilla extract (and almond extract if desired).
4. Gradually add the dry ingredients to the wet ingredients, mixing until the dough comes together. Do not overmix.

5. Divide the dough into two portions, wrap them in plastic wrap, and refrigerate for at least 1 hour or until firm.

To Make Ugly Christmas Sweater Cookies:

1. Preheat your oven to 375 °F (190 °C).
2. Roll out one portion of the chilled dough on a floured surface to about 1/4 inch thickness. Use sweater-shaped cookie cutters to cut out the cookies. Place the cutout cookies on a baking sheet lined with parchment paper.
3. Bake in the preheated oven for 8-10 minutes or until the edges are just beginning to turn golden. Be sure to keep a close eye on them to prevent over-baking. Remove from the oven and let them cool on a wire rack.
4. Once the cookies are completely cool, you can begin decorating or let the goods do it their way. Use various colors of icing or ready-made icing to create the "ugly" sweater patterns. Get creative with zigzags, holiday motifs, and different colors.
5. Add sprinkles, mini candies, and edible decorations to make the sweaters even more "ugly" and fun.
6. Allow the icing to set before serving.

*The secret behind
a delicious dish.*



WHOLE CHICKEN | BONELESS BREAST | DRUMSTICKS

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Holiday Eats Off the Beaten Path

Unusual Christmas foods offer a delightful departure from the traditional holiday fare, inviting culinary adventures from around the world. From the Icelandic fermented shark known as "hákarl" to the spicy South African sausage "boerewors," these dishes remind us that the holiday spirit transcends borders and brings together unique traditions and tastes. Exploring these unusual Christmas foods adds a touch of surprise and curiosity to the festive season, making it a memorable and global gastronomic journey. We bring you two unusual dishes to try.

Some ingredients

Beets



Fresh Herring Fish



Hellmann's Mayonnaise



HERRING UNDER A FUR COAT

Herring under a fur coat or shuba in Russian cuisine is a favorite and visually stunning dish that symbolizes the rich culinary traditions of the country. This layered salad consists of finely chopped pickled herring, boiled potatoes, carrots, beets, and onions, all separated by layers of mayonnaise. The name "fur coat" aptly describes the salad's appearance, as it is often covered with a thick layer of grated boiled beets and looks like a colorful, layered fur coat. Served during celebrations and holidays, this dish represents the heartiness of Russian cuisine and the importance of preserving traditional flavors. Accompanied by a glass of tomato juice, it creates a harmonious balance of sweet, savory, and tangy flavors that leave a lasting impression on those who savor it.

Ingredients

For the Salad Layers:

- 2 large potatoes, boiled and grated
- 2 large beets, boiled and grated
- 3 carrots, boiled and grated
- 1 onion, finely chopped
- 4-5 pickled herring fillets, chopped
- 2-3 hard-boiled eggs, grated
- 1 cup mayonnaise (or more, as needed)
- Salt and black pepper to taste

For Garnish (optional):

- Fresh dill, chopped
- Fresh parsley, chopped
- Onion slices

Instructions

1. Start by preparing all the ingredients. Boil the potatoes, carrots, beets, and eggs until they are tender. Allow them to cool completely.
2. Once cooled, peel the potatoes, carrots, and beets, then grate them separately. Keep each ingredient in its own bowl.
3. Finely chop the onion and set it aside.
4. In a large serving dish or a deep platter, begin layering the ingredients. First Layer: Grated potatoes, Second Layer: Chopped herring fillets, Third Layer: Chopped onions, Fourth Layer: Grated carrots, Fifth Layer: Grated hard-boiled eggs, Sixth Layer: Grated beets
5. After each layer, spread a thin layer of mayonnaise to cover the ingredients. Use more mayonnaise as needed but be sure not to overdo it. Season each layer with a pinch of salt and a bit of black pepper to taste. The layering can vary based on your choice and preference.
6. Continue layering until all the ingredients are used up.
7. The final layer should be the grated beets. Spread a generous layer of mayonnaise over the beets to completely cover the salad. Use a spatula to shape the salad into a smooth, even "fur coat."
8. Cover the dish with plastic wrap and refrigerate for at least a few hours or overnight. This allows the flavors to meld together.
9. Before serving, garnish with fresh chopped dill and parsley if desired.
10. Slice and serve cold.



THE FEAST OF THE SEVEN FISHES

The Feast of the Seven Fishes, known as "La Vigilia" or "Festa dei Sette Pesci" in Italian, is a cherished Italian-American Christmas Eve tradition. This seafood-centric feast consists of a multi-course meal featuring various fish and seafood dishes, served in celebration of the Catholic tradition of abstaining from meat on Christmas Eve. The number seven is believed to symbolize various religious meanings, such as the seven sacraments or the seven days of creation. The dishes served can vary from family to family but often include dishes like baccalà (salted cod), calamari, clams, mussels, and various fish preparations, all prepared with love and tradition.

Ingredients

12 ounces linguine or spaghetti
2 tablespoons olive oil
4 cloves garlic, minced
1/2 teaspoon red pepper flakes (adjust to your spice preference)
2 cans (6.5 ounces each) chopped or minced clams, drained, with the juice reserved
1/2 cup dry white wine
1/4 cup fresh parsley, chopped
Salt and black pepper, to taste
Grated Parmesan cheese (for garnish)

Instructions

Cook the Pasta:

Bring a large pot of salted water to a boil. Cook the linguine or spaghetti according to the package instructions until al dente. Drain and set aside.

Prepare the Clam Sauce:

1. In a large skillet, heat the olive oil over medium heat.
2. Add the minced garlic and red pepper flakes. Sauté for about 1-2 minutes until fragrant but be careful not to brown the garlic.

Add Clams and Wine (optional):

1. Add the drained chopped or minced clams to the skillet and sauté for an additional 2 minutes.
2. Pour in the dry white wine and the reserved clam juice. Bring to a simmer and cook for about 5-7 minutes to reduce the sauce slightly.

Combine with Pasta:

Add the cooked linguine or spaghetti to the skillet with the clam sauce. Toss everything together to coat the pasta evenly.

Season and Garnish:

1. Season the dish with salt and black pepper to taste. Adjust the spice level with additional red pepper flakes if desired.
2. Stir in the chopped fresh parsley and cook for another minute.
3. Serve.

Feel free to incorporate other seafood dishes like shrimp scampi, baked cod, or fried calamari to complete your festive feast!

Some ingredients

Barilla
Spaghetti Pasta



Fresh Clams



Natco Crushed Chillies
(Red Pepper Flakes)



Chef Speak

As Executive Chef - Venus Ristorante and Beach Club at Caesar's Palace Dubai, Chef **Fabio Tramontano** heads all culinary operations, ensuring that the outlet's Italian homegrown concept remains a culinary haven for diners. Let's talk to Chef Fabio and find out how he's getting into the Christmas spirit this year!



With Christmas around the corner, what if any modern twists would you be adding to traditional Christmas favourites?

I'm all about playful presentation and garnishes including my signature touch of lemon - it's like a surprise burst of sunshine, even in the heart of winter which is not very common in Italy! So I'm excited about that this festive season!

How do you create a festive atmosphere through your culinary creations?

I delve into the treasure trove of traditional Italian delights, infusing each dish with the essence of home and the warmth of family gatherings. Dishes like the Calamarata Seafood Pasta inspired by my childhood, bring that warm, nostalgic feeling to our diners.

What are some of your personal favorite traditional Christmas dishes, and what makes them special during the holiday season?

Our Italian festive classics warm my heart! Lamb with potatoes is a midnight must for ushering in good energy and wishing a happy New Year but traditionally when the clock strikes twelve, we indulge in lentils and meat, a soul-soothing stew, seafood soup with a generous serving of grouper or Calamari with green peas. These dishes are like cherished family stories, shared and savored during the holiday season.

With such a diverse F&B landscape in Dubai, how do you balance the trends and preferences of your clientele?

It's an art, really. We stay true to our Italian roots while playing with the local palate and global gastronomic innovations. It's a juggling act of flavours that keep our diners coming back for more.

What do diners look forward to during the festive season?

Our diners eagerly await to embrace the familiar traditional Italian flavors, but they also love a dash of modern flair. And of course, our cozy decor and welcoming vibes complete the package.

What are your favourite ingredients in winter?

Chilly winters call for hearty ingredients! I'm particularly smitten with the divine white truffle, soon to star in our white truffle menu featuring pasta and risotto. And nothing beats the allure of fresh pasta, especially when it's turned into silky tagliolini, tossed in butter, and crowned with white truffle.

If you're running out of ideas for your Christmas dinners, try a scrumptious Risotto Scoglio - it is sure to delight your guests!



RISOTTO SCOGLIO

Ingredients

130g Arborio rice
10g Mussels
25g Prawns
10g Clams
15g Calamari
30ml Bisque
5g Butter
1 pc Black tuille
1 pc Lemon
2g Chili flakes

3g Pesto sauce
2g Olive oil
Salt pepper to taste

For the Tuile:

0.025g Flour
0.040g Corn oil
0.090g Water
0.002g Squid ink
0.002g Salt

Instructions

1. Cook the mussels and the clams separately. Sear in hot pan the prawns, and calamari then keep aside. In the same pan add bisque as a stock. bring to boil add the risotto rice. When reached the desired cooking, add the cooked prawn and mussels, emulsify with butter olive oil, and season the risotto with basil and lemon zest.
2. For the tuile - Mix all the ingredients together using a blender. Make the tuile on a non-stick pan and store it in a hot and dry place till use.
3. When plating the risotto place the mussels, and clams on top and add a few dots of pesto and the black tuille on top. Garnish with fresh basil leaves and lemon zest.

Some ingredients

Fresh Mussels



Fresh Prawns



Leggo's Pesto Basil Sauce



CHEERS TO THE SEASON

Holiday Punch Recipes

Holiday punch is the classic festive elixir, the heartwarming essence of seasonal gatherings. It's a symphony of flavors and aromas, blending fruity notes with zesty spices, at times with a bubbly or spirited twist. Served in a shimmering bowl or pitcher, holiday punch unites loved ones in a communal toast, elevating the spirit of togetherness. Whether it's the rich warmth of spiced apple cider or the refreshing sparkle of citrus and cranberry, a sip of holiday punch is a taste of the joy and merriment that makes the season so special. Our picks for the season...

Some ingredients

Fresh Lemon



Ocean Spray Cranberry Juice



Highland Spring Sparkling Water



Rosemary Leaves



CRANBERRY AND ROSEMARY MOCKTAIL

Ingredients

- 1 cup cranberry juice
- 1/2 cup sparkling water or club soda
- 1 tablespoon fresh lemon juice
- 1 tablespoon simple syrup (adjust to taste)
- 1-2 sprigs fresh rosemary
- Ice cubes
- Fresh cranberries and rosemary sprigs for garnish (optional)

Instructions

1. In a cocktail shaker or a mixing glass, combine the cranberry juice, fresh lemon juice, and simple syrup. Adjust the simple syrup to your desired level of sweetness.
2. Add a sprig of fresh rosemary to the mixture. To release the rosemary's aromatic oils, gently crush it with a muddler or the back of a spoon.
3. Fill the cocktail shaker or mixing glass with ice cubes.
4. Secure the lid on the cocktail shaker or stir the mixture well in the mixing glass to chill the ingredients.
5. Strain the mixture into a festive glass filled with ice.
6. Top off the mocktail with sparkling water or club soda to add effervescence.
7. Garnish with a fresh rosemary sprig and a few fresh cranberries if desired.
8. Serve.

NON-ALCOHOLIC MEXICAN PUNCH, AKA "PONCHE"

Ingredients

- 8 cups water
- 4 cinnamon sticks
- 5-7 whole cloves
- 4-6 hibiscus tea bags (jamaica)
- 1 cup tamarind pods, peeled and seeded
- 1 cup guavas, quartered and seeded
- 1 cup peeled and sliced apples
- 1/2 cup dark brown sugar (adjust to taste)
- 1 cup prunes
- 1 cup chopped sugarcane (substitute with peeled and sliced pear if unavailable)
- 1 orange, sliced
- 1 lemon, sliced

Instructions

1. In a large pot, bring the water to a boil. Add the cinnamon sticks and whole cloves. Allow them to infuse the water for about 5 minutes, creating a flavorful base for the punch.
2. Add the hibiscus tea bags to the boiling water and steep them for about 10 minutes, or until the water takes on a deep red hue.
3. Add the tamarind pods, guavas, and or apples to the pot. Simmer for about 15-20 minutes, or until they become tender.
4. Stir in the dark brown sugar to sweeten the punch. Adjust the amount of sugar to your taste.
5. Add the prunes and chopped sugarcane (or pear slices) to the mixture and continue to simmer for an additional 10-15 minutes.
6. Just before serving, add the sliced orange and lemon to the punch for a burst of fresh citrus flavor.
7. Remove the cinnamon sticks, cloves, and hibiscus tea bags from the pot.
8. Serve your Non-Alcoholic Mexican Punch warm in mugs or heatproof glasses, ensuring each serving has a variety of the delicious fruit and spices.

Some ingredients

Goodness Foods
Cloves Whole



Guavas Vietnam



Cinnamon Stick



Aquafina Water



Some ingredients

Del Monte
Pineapple Juice



Schweppes
Ginger Ale



Woolworths
Lime Juice



GRINCH PUNCH WITH LIME AND RED SUGAR RIM

Ingredients

For the Punch:

- 2 cups lime sherbet
- 2 cups pineapple juice
- 1/4 cup lime juice (freshly squeezed)
- 1/2 cup ginger ale or lemon-lime soda
- Ice cubes

For the Rim:

- Lime wedges
- Red decorating sugar

Instructions

For the Red Sugar Rim:

1. Begin by preparing the lime and red sugar rim. Take a lime wedge and run it around the rim of your serving glasses to moisten it.
2. Pour some red decorating sugar onto a small plate.
3. Gently press the moistened glass rims into the red sugar to coat them evenly.
4. Set aside the glasses to let the sugar rim dry and set.

For the Green Punch:

1. In a pitcher or a large bowl, combine the lime sherbet, pineapple juice, lime juice, and ginger ale (or lemon-lime soda). Mix well until the sherbet is dissolved and the ingredients are combined.
2. Add ice cubes to the pitcher or individual serving glasses.
3. Carefully pour the green punch into the prepared glasses with the red sugar rims.
4. Garnish with lime wedges or red candy cane if desired.
5. Serve.





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EMBRACE THE WARMTH OF WINTER WITH **CINNAMON**

Freshly baked cinnamon rolls on Christmas and the cinnamon lattes at most cafes have increasingly become so popular, but there is no doubt that they make the best mornings with your friends during the festive season. However, did you know, this aromatic spice is a superfood used in various dishes and also known for its medicinal properties for thousands of years?, asks Integrative Hormone Health Coach, Sheetal Ramchandani.

The spice comes from the inner bark of a small evergreen tree from the Cinnamomum family. Once upon a time, it was more valuable than gold. This spice has a pleasant flavour and warm smell that has made it popular in cooking, particularly in baking and curries. It is the most popular medicinal spice using since ancient times.

The nutritional profile of Cinnamon one tablespoon of grounded cinnamon contains 1.4 grams of fibre and enough

amount of calcium. It also contains vitamin A, vitamin B, and vitamin K, and some antioxidants.

As the chilly winds sweep through Dubai, there's nothing quite like the comforting aroma of cinnamon to warm our hearts and bodies. This winter, let's explore the health benefits of this beloved spice, and a delightful Christmas recipe featuring cinnamon!

The Health Benefits of Cinnamon

Immune System Boost

Cinnamon is a powerhouse of antioxidants and has anti-inflammatory properties. It aids in strengthening your immune system, helping you fend off seasonal illnesses and flu, making it your perfect winter ally. Sprinkle it up in your coffee or any morning drink.

Blood Sugar Control

For those mindful of their blood sugar levels, cinnamon can be a game-changer. It improves insulin sensitivity, helping to regulate blood sugar levels, crucial during the holiday season when sweet treats are abound.

Mood Enhancement

The enchanting scent of cinnamon is known to have mood-lifting effects. It can reduce stress and anxiety, making it ideal for those experiencing winter blues.

Weight Management

Cinnamon helps control cravings and stabilizes blood sugar levels, making it an excellent spice to support your weight management goals through the festive season.





Now, let's celebrate the spirit of Christmas with a delightful recipe that incorporates cinnamon:

Cinnamon-Spiced Baked Apples

Ingredients

- 4 medium-sized apples (any variety)
- 1/4 cup chopped nuts (almonds or walnuts)
- 2 tablespoons honey or maple syrup
- 1 teaspoon ground cinnamon
- 1/4 teaspoon nutmeg
- 1 tablespoon butter (or coconut oil for a healthier twist)

Instructions

1. Preheat your oven to 375°F (190°C).
2. Core the apples, leaving the bottoms intact. Place them in a baking dish.
3. In a bowl, mix the chopped nuts, honey, cinnamon, nutmeg, and butter.
4. Fill each apple with the nut mixture.
5. Bake for about 25-30 minutes or until the apples are tender and the topping is golden brown.

This winter, savor the season while nurturing your health with the delightful benefits of cinnamon. May your holidays be filled with health and happiness!

Sheetal Ramchandani, Integrative Hormone Health Coach
livelivelsheetal.com

Some ingredients

Cocoland Pure
Coconut Oil



Apple Royal
Gala France



Al Shifa Natural Honey





THE POWER OF HOMEGROWN BRANDS

In the realm of consumer goods, the dominance of big brands has been unquestionable for decades. However, post-pandemic, a new era has emerged in recent years, with the rise of homegrown brands. These local enterprises prioritize quality over quantity and have gained a loyal following. In this article, Luke Coutinho, co-founder of You Care Lifestyle, an honest wellness market, explores the unique characteristics and advantages of homegrown brands, highlighting their advantages over big brands.

1 Quality Over Quantity

Homegrown brands have redefined the equation between quality and quantity. These brands prioritize quality, sourcing locally, preparing in small batches, and delivering freshly harvested products, ensuring a farm-to-fork journey. Remarkably, some of these brands are driven by a deeper purpose – they create products not merely to sell but to make a positive impact.

Locally Sourced Products

One of the key distinguishing features of homegrown brands is their emphasis on locally sourced products. Unlike big brands that often rely on global supply chains, homegrown brands prioritize local farmers and growers. By sourcing

ingredients from nearby regions, they support local economies and reduce their carbon footprint. Moreover, this focus on local sourcing ensures that consumers get fresh, high-quality products that are deeply rooted in their community's heritage.

Small-Batch Production

Homegrown brands take pride in their small-batch production process. Instead of mass-producing goods, they create products in limited quantities. This approach allows them to maintain a keen focus on quality and attention to detail. By producing in small batches, homegrown brands can closely monitor each step of the production process, ensuring that every item meets their stringent standards.



This dedication to quality results in products that are truly exceptional and stand out from mass-produced alternatives.

Farm-to-Fork Approach

In an era marked by concerns about food safety and transparency, homegrown brands offer a farm-to-fork approach. This means that the entire supply chain, from cultivation to packaging, is carefully managed by the brand itself. Unlike big brands that often outsource various stages of production, homegrown brands maintain control over every aspect. This level of involvement allows them to guarantee the integrity of their products, ensuring that consumers receive the freshest and most authentic goods possible.

Clean Labels

Homegrown brands that I have met are committed to maintaining clean labels, free from unnecessary additives, preservatives, and artificial ingredients. They prioritize using natural and wholesome ingredients, ensuring that consumers know exactly what they are consuming. By foregoing artificial enhancements, homegrown brands not only promote healthier choices but also cater to individuals with specific dietary needs or restrictions. This dedication to clean labels fosters trust and confidence among consumers, who appreciate the transparency and integrity of these brands.

2 Customer-Centric Approach

Local brands have an intimate understanding of their local market, its needs, and preferences. This knowledge enables them to tailor products and services specifically for their local audience. Being smaller and newer to the market, they exhibit agility and responsiveness, fostering a sense of family and connection with customers.

These brands prioritize quality, sourcing locally, preparing in small batches, and delivering freshly harvested products, ensuring a farm-to-fork journey.

3 Employment Opportunities

Homegrown brands contribute significantly to local employment by hiring and developing local talent. This not only lowers unemployment rates but also results in a workforce that understands the local market dynamics. The power of homegrown brands lies in their unwavering commitment to quality over quantity. Through their locally sourced products, small-batch production, farm-to-fork approach, and dedication to clean labels, these brands have carved a unique place in the market. They offer consumers a genuine and authentic alternative to mass-produced goods, with a focus on supporting local communities and delivering superior products. As we continue to prioritize sustainable and ethical consumption, homegrown brands are poised to reshape the consumer goods landscape, proving that bigger isn't always better!



Luke Coutinho

Holistic Nutrition and Lifestyle
Integrative and Lifestyle Medicine
Founder of You Care
All About You by Luke Coutinho

www.lukecoutinho.com



CLEAN LESS - LIVE MORE

sc Johnson



Life

*WELLBEING *HEALTH *FITNESS *SUSTAINABLE LIVING

Merry
CHRISTMAS
and
HAPPY new year

WEAR THE CHANGE!

In a world where fashion evolves at the speed of a click, there's a brand that dares to tread a different path. It's a journey—one of sustainability, uncompromising quality, and the creation of timeless designs that transcend fleeting trends. Welcome to the world of Activeist, where style meets purpose, and where the future of activewear is being redefined. Join us as we take a closer look at a brand that has chosen to walk the road less traveled, one that leads to a greener, more enduring, and utterly stylish destination. Discover how sustainability, quality, and timeless design have become the guiding stars in this remarkable odyssey through the world of activewear.



Produced from certified recycled materials, the brand remains unwavering in its dedication to offering customers the pinnacle of sustainability and luxury, setting new benchmarks for the fashion industry.



Activeist Activewear, an emerging beacon of sustainable fashion in Dubai, recently presented its latest embodiment of conscious creation, the "Verde Voyage" collection. Steered by a relentless commitment to environmental stewardship and a vision of a greener tomorrow, this collection embarks on a journey that intertwines the quest for sustainability with the vibrancy of marine life, emphasizing the urgency of safeguarding our oceans and marine ecosystems.

At the heart of Activeist Dubai lies a two-year journey undertaken by its founder, Dania Istitie. Embarking on a voyage spanning continents and cultures, Dania's mission was to unearth the most sustainable fabrics and ethically conscious factories. Her relentless pursuit of excellence, both in terms of environmental impact and premium quality, serves as the cornerstone of Activeist's ethos.

The Verde Voyage collection takes shape from the soul of this voyage. It boasts a range of activewear crafted meticulously from premium, sustainable fabrics and meticulously curated to ensure minimal environmental impact. Produced from certified recycled materials, the brand remains unwavering in its dedication to offering customers the pinnacle of sustainability and luxury, setting new benchmarks for the fashion industry.

The collection doesn't just embrace sustainability; it champions longevity. It's a celebration of designs that transcend fleeting trends and are poised to endure the test of time both in terms of style and durability. By pioneering

unseasonal core colors and adopting a no-restock policy for seasonal shades, Activeist ensures that each piece is a timeless companion for conscious consumers.

In a world of fast fashion, it stands as a beacon of conscious consumption. With a commitment to producing limited batches, the brand actively avoids overproduction, reducing waste and environmental strain. The result is a sustainable ecosystem where each piece carries a unique touch, attesting to the brand's devotion to slow, responsible fashion.

Dania Istitie echoes her journey through the Verde Voyage collection. "Our dedication to a sustainable future finds its essence in the Verde Voyage collection," shares Dania. "We're not just crafting activewear; we're igniting a movement towards cleaner oceans and a healthier planet. Every choice we make as consumers matters, and we're here to offer a conscious alternative that exudes elegance and purpose."

The Verde Voyage collection is more than apparel; it's a symbol of activism, a testament to the power of choices, and a tribute to our oceans. It beckons individuals to embrace a green and clean lifestyle. Through this collection, Activeist Dubai strives to inspire a shift towards responsible choices and fashion that leaves a positive footprint on the world. Embark on a journey of sustainable elegance, where every piece embodies the promise of a brighter, cleaner future.

Visit activeist.co to know more.



We Love Art is a passion project aimed at kindling the creative spirit within both aspiring artists and seasoned painters. With a mission to facilitate the joy of canvas painting, **Denise Schmitz**, the founder, started by sharing her painting skills with friends and family. It soon expanded to include Painting Courses, Paint & Grape gatherings, and events. Whether you're a novice or an accomplished paint virtuoso, We Love Art caters to you! A growing community of Art Lovers spans the globe, brought together by the We Love Artbox—an all-in-one package that equips you to craft your own masterpiece. We chat with Denise to know more.

Brushes and beyond



What inspired the founding of We Love Art?

In 2013 I left The Netherlands, for me a very inspiring place art wise, and moved to a completely new place – Dubai. First, I was overwhelmed by all the excitement the city had to offer, but after a few months I felt I was missing something. Creativity. Since I was a little girl, I was always drawing, painting and creating things. So, when I moved to Dubai, I missed that feeling of creation. The counter side of this feeling was the beautiful opportunity to set something up myself. In the exact way I would have loved to get my own art classes.

I wanted to create a friendly community where you can relax, socialize, and forget about daily life, while creating art you're truly proud of. So, when I started teaching painting classes at my villa in Umm Suqeim 10 years ago, I had no idea it would grow to be the #1 Art and Painting event in the Middle East (which we got awarded this year!). It is the good vibes, positive word of mouth and support We Love Art receives from everyone involved, all of our amazing customers and community, is really what has driven growth. It was also this creative community that literally saved the business.

In 2017, my beautiful baby, Beauden James Colwell, passed away after one day on this Earth. The beauty of this story is that from different, unexpected corners in the Dubai creative community, people offered their help. People who had previously done my course, were willing to teach the course as I simply couldn't due to the trauma I experienced. My art assistants dared to take a jump and teach the lessons. I needed to let go of all control. Something which is very difficult for any entrepreneur, but I had no choice. In that period, I learnt how to delegate, how to let go of some of my control, but above all, how to be very grateful for the people around me. If they believe in you, if they believe in your business, if they want you to succeed, people are so loyal. Above anything I couldn't be happier with my team and the We Love Art Community. They literally saved me and my business.

Are there any educational initiatives or outreach programs that aim to promote art appreciation within the community?

We Love Art do a lot of behind the scenes work on fostering art within the community and in the Middle East. We Love Art had a major philanthropic impact with a collaboration with Abu Dhabi Music and Art Foundation (ADMAF) to foster creativity and enable access to art to hundreds of children with special needs, which is something we are very proud of. We also run Kidz Love Art, which aims to foster a love and skill of creativity in kids so that hopefully the next Picasso is a Dubai resident!

In what ways does We Love Art support emerging artists and contribute to their growth?

Our 8-week courses can be taken by complete beginners or experienced artists. At the end of each course is an exhibition whereby the artists present a work of art they have created during the course. I am continuously gob smacked at the talent and paintings produced from people who couldn't even hold a paint brush only 8 weeks earlier!

What exciting projects or expansion plan can we expect from We Love Art in the coming years?

We Love Art have been asked to create a jewellery line for some years and finally we created an original piece, L'Art De Vivre luxury necklace, which aims to empower women with a piece of jewellery that combines sophistication with free spirited creativity, both elements which We Love Art represents.

How does We Love Art contribute to the local and global art community?

By providing the most accessible and diverse painting experiences, We Love Art is a champion for art in Dubai. With over 10,000 art boxes sold regionally and internationally all the way to countries like Saudi, US, Europe and South Africa.

Visit www.weloveart.com to know more.

HARMONY IN MOTION

The Ancient Art of Bagua Circle Walking

The art of Bagua circle walking dates back hundreds of years when Daoists would walk in circles to calm their mind as a form of meditation. Rooted in centuries of wisdom, this art form emerged as a means for early Daoists to harmonize not just the body but also the mind. While repeating mantras,

they moved slowly around the circumference with relaxed and natural body movements. Over time, this practice evolved into Bagua Zhang, a martial art that incorporated the meditative aspects of circle walking, offering a myriad of benefits for those seeking balance and vitality.



The Essence of Bagua Circle Walking:

1. Cultivation of Chi (Qi)

Bagua Circle Walking serves as a vehicle for cultivating Chi, the life force energy. As practitioners move along the circle, they align breath, movement, and intention to enhance the flow of Chi or Life Force Energy throughout the body.

2. Meditation and Mind-Body Unity

The slow, deliberate steps and focused breathing create a meditative state that brings about mental clarity and tranquility and a sense of unity between mind and body.

3. Physical, Mental, and Spiritual Strength

Beyond physical exercise, Bagua Circle Walking is a holistic practice that contributes to the development of physical, mental, and spiritual strength. It lays the foundation for the more dynamic movements of Bagua Zhang martial arts.

Practicing Bagua Circle Walking involves various styles, methods, and postures. Whether walking forwards or backwards, at different speeds, or on different surfaces, each practitioner finds a unique rhythm. Some even incorporate animal poses into their movements, adding a layer of grace and fluidity.

Bagua Circle Walking Instructions

Drawing a real circle would be highly recommended for beginners to help them in their practice. A circle of around six or eight feet in circumference is a good place to start, and as you advance in the practice, the circle can become smaller and smaller. You will also add more advanced movements and techniques as you tighten the circle, decreasing it in size. When walking the circle, focus on the center of your body, the waist and hip regions for the power to move your lower and the upper body.

1. First-time walkers simply walk in a normal walk around the circle. This type of walking advances in a second type of walking that is slightly more focused on foot movements until the student reaches the third level known as mud walking. This stage of circle walking prepares the student for the Tai Chi movements used in Bagua Zhang martial arts that are introduced in the fourth level of Bagua circle walking.
2. Start walking the circle by positioning your feet along the line of the circle.
3. Moving clockwise, your right heel will be positioned touching the inside of the circle. Your left heel will touch the outside of the circle.
4. You want to move with your hips, not your legs.
5. Stand with your heels together with the line of the circle running between them. This is how you want your feet to straddle the

- circle as you walk the Bagua. One foot on the outside and one on the inside of the circle as close to the circle line as possible.
6. You will always keep your weight on your heels never your toes or balls of your feet as you move around the circle.
 7. Your body weight will sink down with each step forward and rise up as you bring your other leg sliding forward and sinking down again.
 8. Your hips should open with each movement, thrusting your legs forward.
 9. The walk begins with the inside foot (right foot) in a sliding movement forward along the inside of the circle rim (clockwise motion around the circle). End this first step with your right heel still on the inside of the circle line as you bring your left foot sliding forward with heel resting on outside of the circle.
 10. This step is completed when you bring the left foot sliding toward the right along the outside of the circle rim so your two feet are briefly together as you slide the left foot forward.
 11. Your weight should remain on the heels of your feet.
 12. You will repeat this movement as you make your way around the circle.
 13. This is called mud walking since it resembles your feet sliding in mud as you walk around the circle.
 14. To change direction, you simply pivot on your heels, repositioning your feet so the right foot is now on the outside of the circle circumference and the left foot travels around the inner rim of the circle.

You will notice your movements becoming more fluid as you train consistently in walking the Bagua circle.

Whether walking for meditation, Chi cultivation, or martial arts training, each step around the circle becomes a dance—a symphony of movement and mindfulness echoing the ancient wisdom of Daoist traditions.

By Delna Mistry Anand

Wellbeing and Meditation Coach and Columnist
Instagram @delnaanand



AI-POWERED LIVING

THE FUTURE STARTS NOW



While much is being made of the potential negative impacts of artificial intelligence and machine learning, AI is already imbedded in our daily routines, says Karl Escritt, CEO of Like Digital & Partners.

If all the recent talk of artificial intelligence's rapid growth is filling you with a sense of dystopian dread, you might be surprised to learn that AI is already playing a prominent role in our lives. From the first scroll through your social media accounts in the morning to that late-night shopping spree on Amazon, AI is now enmeshed in our everyday routines. Here are ways AI is already helping to streamline and improve your life.

A virtual assistant in your pocket

One of the most commonplace applications of AI is the built-in virtual assistants in your smart phone, such as Siri, Alexa, and Google Assistant. Powered by voice recognition and natural language generation, these tools allow users to perform a variety of hands-free tasks, including searching the internet, sending a message, or making a call. AI filters and categorizes emails, reducing spam and organizing inboxes more efficiently.



Personalised predictions

Streaming services are another great example of how AI is seamlessly integrated into our daily lives. Media and music streaming services such as Netflix, YouTube and Spotify all use AI to predict what you might want to watch or listen to next. The platforms use a combination of AI and ML to suggest shows and songs based on your previous usage patterns, and the patterns of other like-minded users.

Smart shopping

Grocery apps such as Amazon have become adept at suggesting products based on usage patterns, accurately predicting when you might be running low on laundry detergent, for example. Apps such as Sephora now go so far as to customise suggested products within the shopper's expected budget to deliver a better user experience and a higher conversion rate.

Driving and deliveries

Navigating your way to work is also being transformed by AI. Way-finding apps such as Google and Waze use AI technology to crowd-source data from fellow road users, sharing real-time traffic updates to streamline your journey, from finding the fastest route to alerting you about upcoming accidents or traffic jams.

Getting your message across and generating content

AI-powered writing tools are changing the way we communicate. Whether it's the Smart Compose suggestions in Gmail that are based on your previous message compositions, the Quick Reply options in WhatsApp, or Grammarly's AI-based grammar recommendations, these tools can help you save time while improving your copy. At the pointy end of the spectrum, AI-powered ChatGPT can generate content such as articles, reports, and creative writing, aiding professionals in various fields.

Safety in numbers

Trained on machine learning models of real car crashes, Google and Apple iPhones now come with AI-powered car crash detectors. Their systems are activated if your

phone senses you've been in an accident, sending an alert and your location to authorities and your chosen contacts. AI is a critical component in self-driving cars, improving road safety and offering convenient transportation options.

Other important uses include assistance in medical diagnostics by analyzing medical images and patient data for accurate disease detection and treatment recommendations or providing health data for smart watches and similar devices. AI-driven translation tools like Google Translate bridge language barriers, making it easier to communicate with people from different cultures. Smart home automation powers smart thermostats, lighting systems, and appliances, enabling energy efficiency and remote control. These are just a few examples of how AI is integrated into our daily lives, enhancing convenience, productivity, and personalization across various domains.

So, while we're all hyperaware of the potential risks and pitfalls of AI, it is timely to remember this game-changing technology offers endless potential for improving our lives each and every day.



Karl Escritt,
CEO of Like Digital & Partners
likedigital.com



Winter's Beauty Secret

THERAPIES FOR A SEASONAL GLOW

As winter's embrace ushers in a season of chilly winds and cozy layers, our bodies crave a touch of pampering and warmth. We delve into the world of Winter Body Therapies, offering a haven of relaxation and rejuvenation during the cool months. It's time to embrace the chill and uncover the secrets to winter body wellness, says Delna Mistry Anand.



Mahana Massage

In the ancient Tahitian culture, the concept of vibrance and vitality was connected with the sun. And literally translated from the native language, Mahana is the word that reflects the essence of daylight, sunlight of the sun itself. Since the sun is the ultimate life-force, providing light, warmth and energy, all living things that are associated with it can grow and thrive. The focal point of this treatment encompasses a star-shaped massage targeting the head, scalp, and extremities. Furthermore, the scalp's revitalizing techniques and their positioning replicate the sun's radiant rays extending outward from the crown of the head.

Going beyond its translation, Mahana grew to become a symbol of life and vitality. This includes the essence of growing, nurturing, energizing and also comforting – we all know how it feels to bask in the soft sun's rays. And therefore, one can say, 'Mahana' represents the interconnect-ness of nature and human life.

A 'Mahana' treatment is specially designed for complete relaxation of the mind and body, soothing away stress and restoring a sense of peace and wellbeing. Inspired by the Polynesian practice of Taurumi massage, a spiritual and therapeutic practice inherited from the Polynesian ancestors. It reconnects the mind, body, and spirit to the influences of nature.

There are many inspiring ways in which the concept of Mahana is relevant today:

- Since the natural world and its elements are so vital to Tahitian culture, this extends to a preference for natural

beauty, such as the use of natural ingredients in skincare and cosmetics.

- In terms of beauty, it can be interpreted as a desire for a radiant and luminous complexion. Beauty products that enhance a healthy glow and a fresh, sun-kissed look are looked up to.
- Applying the concept of living in harmony with nature to beauty can mean that true beauty is achieved when there is a balance between self-care and respecting the environment.
- The sun's movement creates a sense of time and rhythm. In the world of beauty, this relates to the idea that beauty is timeless and enduring. Practices and products that promote long-lasting beauty, rather than fleeting trends, may be valued.

Hot stone facial

This incredibly moisturizing facial treatment restores your skin's hydration, fortifies it with antioxidants, and induces profound relaxation. The Hot Stone Facial harnesses the therapeutic potential of gentle massages employing heated, polished river pebbles.

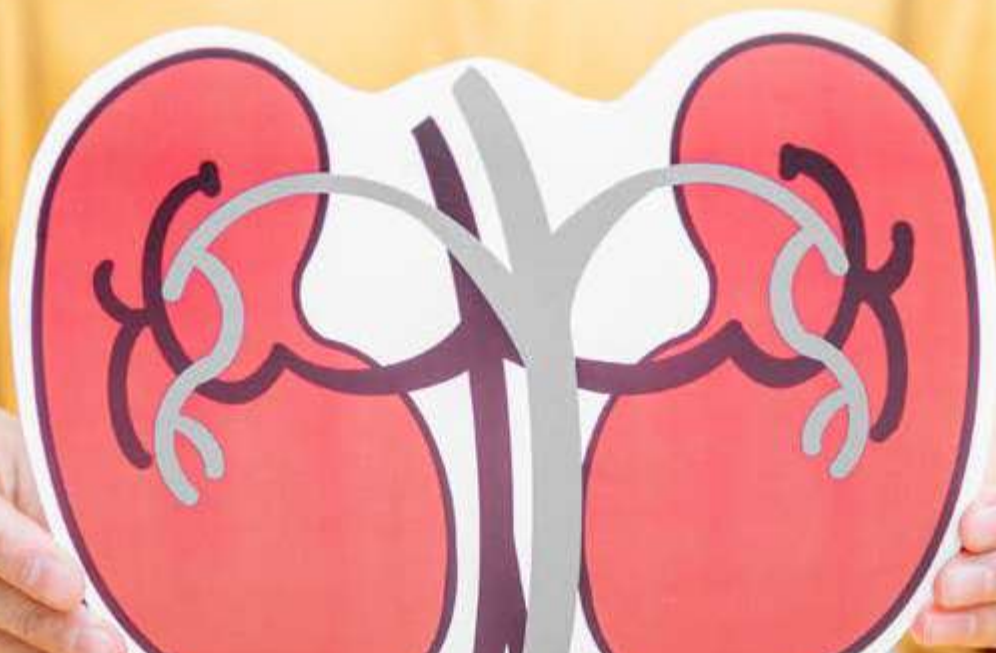
The warmth of these heated stones plays a pivotal role in boosting blood circulation, facilitating the delivery of vital nutrients to your tissues while expelling harmful toxins. The seamless, soothing strokes of the hot stones alleviate muscle tension and promote a deep sense of mental serenity.

This 'Zen' facial treatment is crafted to bestow a sense of rejuvenation, warmth, and tranquility upon you.

Winter Wellness

NURTURING THE KIDNEY ESSENCE FOR SEASONAL VITALITY

The kidneys, according to this ancient wisdom, are considered the body's vital reservoir of energy and vitality. To safeguard this essence during the cold winter months, it is recommended to keep warm, maintain a balanced diet with nourishing foods, and engage in gentle exercises like Tai Chi or Qi Gong. By prioritizing self-care and embracing practices that honor the kidneys' role as the body's foundation, we can thrive during winter and lay a strong foundation for overall health and vitality, says Delna Mistry Anand.



According to Traditional Chinese Medicine (TCM), we can achieve good health by living in balance with nature and the changing seasons. Winter, the season of the Water Element, reflects a time of slowing down, reflecting, and conserving our resources. In the early days, people took life slower in winter. Healing and medical practitioners would advise them to retreat into their homes earlier, as the days grew shorter. And as per TCM practitioners, the winter is associated with the kidneys, bladder, and adrenal glands. At this time of the year, these organs are most active, accessible, and even vulnerable. They are more receptive to being restored, nurtured, and energized, and also when they can become easily depleted.

TCM practitioners believe that our kidneys receive a specific amount of energy at the time of our conception that will carry each of us through our lives. This is called Jing Qi, and it is said to be finite. It carries a limited amount of charge, and every action we take draws on this power supply.

In today's times, it is very easy to deplete our Jing Qi due to poor lifestyle choices and extreme stress. However, the good news is that we can also preserve it by nurturing it with the right foods and behaviors. The more we misuse our Jing Qi, the less we will have for necessary body functioning.

Our kidney organs have a list of tasks to complete during the day, including controlling blood pressure by releasing hormones, controlling red blood cell production, balancing fluids, returning vitamins and minerals to the bloodstream, excreting drugs and waste products, balancing acidity and managing the amount of blood in circulation! Hence, it is prudent to watch your kidney health as we grow older.

Winter, with its dark and quiet nature, beckons us to embrace stillness and prioritize rest. Aligning this with our kidney essence, we are encouraged to cultivate moments of stillness and ensure restful sleep during the winter in a bid to nurture our kidney health.

Mindful Practices for Kidney Health:

1 Self-Massage and Acupressure

A few moments of self-massage can stimulate key acupressure points linked to kidney and bladder meridians. Rubbing along the ears or stomping slowly with flat feet for several minutes aids in invigorating kidney energy.

2 Stay Warm

The winter's cold can be draining to kidney energy. Focus instead on warming practices, consume warm beverages, opt for slower cooking methods like roasting rather than eating raw food, enjoy warm showers etc.

3 Hydration and Moderation

Always observe your water intake – it supports the kidneys. Additionally, keep your salt intake in moderation.

4 Jing-Building Foods

Foods rich in reproductive energy, such as seeds, eggs, and bone broth, contribute to building our "acquired jing." As bone marrow production is connected to kidney essence, these foods become essential in nurturing our core vitality.

5 Winter Colours

Keep your foods in the colours of winter, like blue, black, and purple. Black sesame seeds, black rice, dark beans, purple yams, and deep leafy greens fortify kidney health. Sea vegetables and spirulina, as some of the oldest plants on earth, bring a primordial energy to support the kidneys.

By embracing stillness, slow living, mindful practices, and nourishing our bodies with wholesome foods that resonate with the season, we not only fortify our kidneys but also embark on a holistic winter wellness journey that aligns with the natural rhythms of this transformative season.

Here is a simple recipe for Black Sesame Jing Balls

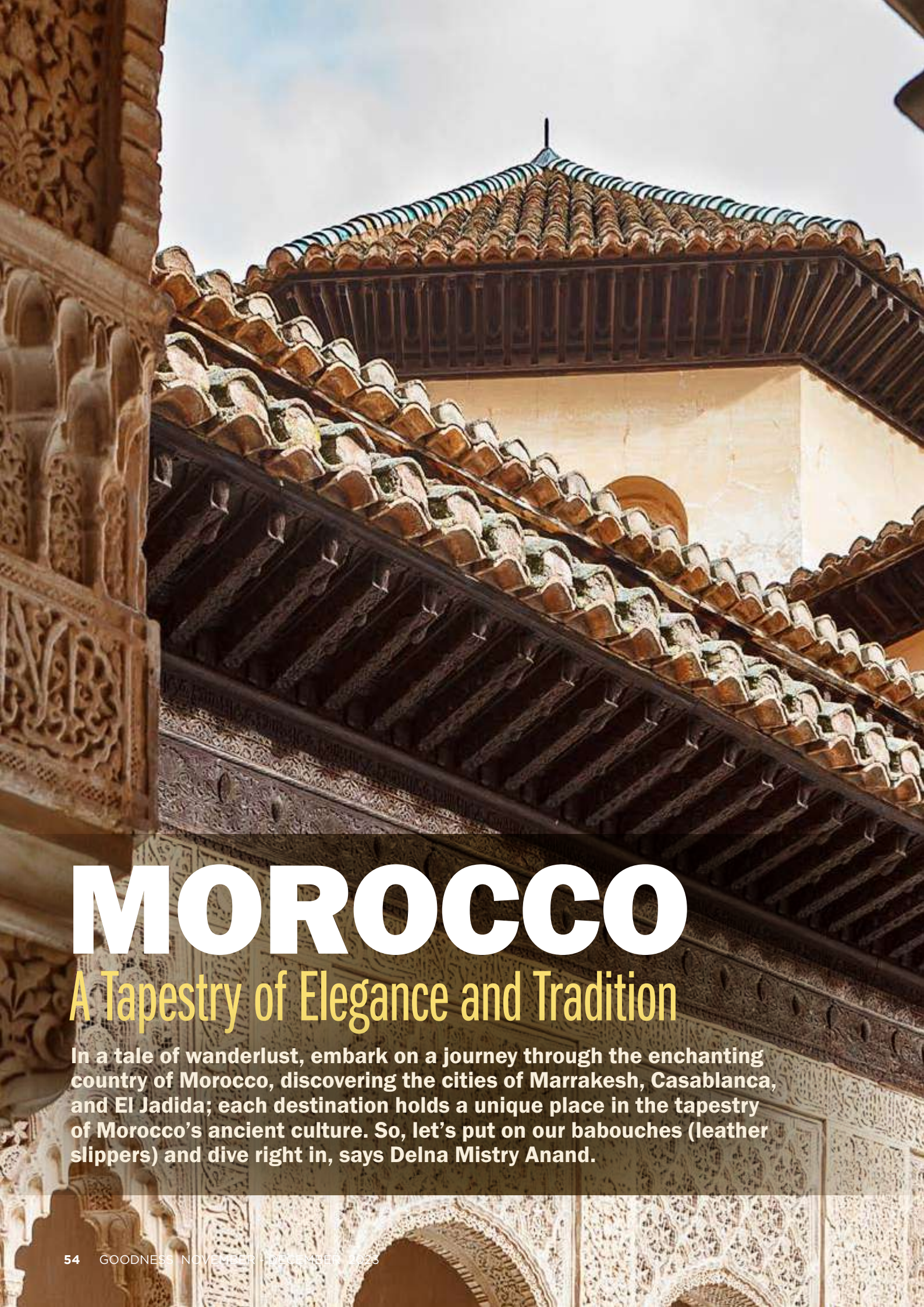
Ingredients

- 1 cup black sesame seeds
- 1/2 cup sticky rice flour (also known as glutinous rice flour)
- 1/4 cup honey or maple syrup
- 1/4 cup water
- A pinch of salt
- Additional sesame seeds or desiccated coconut (optional, for coating)

Instructions

1. Toast the Black Sesame Seeds: In a dry skillet over medium-low heat, toast the black sesame seeds, stirring frequently, until they become fragrant and start to pop slightly. This should take about 5-7 minutes. Be careful not to burn them. Remove from heat and let them cool.
2. Once the toasted sesame seeds have cooled, transfer them to a food processor or blender and grind them into a fine powder. Set aside.
3. In a mixing bowl, combine the sticky rice flour and a pinch of salt.
4. Gradually add the honey or maple syrup and water to the flour mixture. Stir well until it forms a smooth, slightly sticky dough.
5. Add the ground black sesame seeds to the dough and knead until everything is well combined.
6. Take small portions of the dough and roll them into bite-sized balls between your palms. If the dough is too sticky, you can lightly grease your hands with oil or water to prevent sticking.
7. Optionally, roll the balls in additional black sesame seeds or desiccated coconut for a coating.
8. Cool the balls and serve.





MOROCCO

A Tapestry of Elegance and Tradition

In a tale of wanderlust, embark on a journey through the enchanting country of Morocco, discovering the cities of Marrakesh, Casablanca, and El Jadida; each destination holds a unique place in the tapestry of Morocco's ancient culture. So, let's put on our babouches (leather slippers) and dive right in, says Delna Mistry Anand.

A country of dazzling diversity, Morocco has epic mountains, rolling deserts and ancient cities, which all come together to greet travelers with warm hospitality and the perfect glass of mint tea. Morocco's story starts with expansive deserts and rugged mountains that stretch in tranquil solitude, reserving the commotion for the urban dwellings. One day you could be scaling Toubkal, North Africa's highest peak; the next, you could be strolling the souks of Marrakesh, riding the Atlantic rollers in Essaouira, walking through the twisting

blue alleyways of Chefchaouen, or savoring street food in the medieval medina of Fez.

In this land, Arabian, African, and European influences converge, creating a colourful chaos. These wonderful colours show up in the architecture, the ambiance of shisha cafés, the sophistication of riads, the authenticity of Berber camps, and the refreshing oases of palm groves. Morocco is a truly bohemian mosaic where cultures and influences collide into a unique blend of tradition and modernity.



Marrakesh

Marrakech is a vibrant city, one that is bustling, noisy, colourful and vibrant. It is filled with markets (or souks), where one can literally wander around for hours. Filled with food, drinks, jewellery, silver, gold, rugs, leather, art, clothing, souvenirs and everything in-between, they are a real highlight of Marrakech. Nowadays there are also specialized souks which are literally named after what they sell such as the carpet souk, the leather souk, the shoe souk, the gold souk and the spice souk. Jemaa el-Fnaa Square is a bustling central square is the heart of Marrakech and a must-visit. Explore Marrakech's historic medina, a UNESCO World Heritage site, on a guided walking tour, private or in a group, and get a real sense of Marrakech's narrow alleys, colourful markets, interesting architectures and incredible people. Another place to visit is the Koutoubia Mosque which is not only an iconic religious site but also a stunning architectural landmark. Its minaret is the city's tallest structure, and it's beautifully illuminated at night, providing a dramatic backdrop for evening strolls.

Casablanca

Beautiful palm trees lining its paths, with the Atlantic ocean over the horizon, and large business buildings in every corner: Casablanca is the economic lung of Morocco; a

bustling metropolis. Casablanca's skyline is a panorama of architectural grandeur, a fusion of intricate Moorish designs and contemporary structures.

Modern infrastructures are in the middle of charming districts, between Arab-Muslim heritage and legacies of the colonial period. The cityscape, adorned with art deco buildings and avant-garde structures, narrates a tale of a city unafraid to embrace innovation while cherishing its cultural roots. Spend your day strolling in the medina, which is one of latest medinas built in Morocco, roam through the centre and pay a visit to the Hassan II Mosque; the splendid architecture built on the water; its majestic minaret piercing the sky, is a symbol of both religious devotion and architectural mastery.

The people of Casablanca enjoy a relaxed outlook to life, and are known for their warm hospitality. Culinary delights are not to be missed – not just in Casablanca but in all of Morocco. The cuisine of Morocco is fueled by interactions and exchanges with many cultures and nations over the centuries. Moroccan cuisine is usually a mix of Berber, Andalusí, Mediterranean, and Arab cuisines, with minimal European (French and Spanish) and sub-Saharan influences. A typical lunch begins with a series of hot and cold salads, followed by a tagine or dwaz. Often, for a formal meal, a lamb or chicken dish is next, or couscous topped with meat and vegetables. Traditionally, Moroccans eat with



their hands and use bread. The rich flavors are a testament to the importance of fresh, local ingredients in Moroccan cuisine.

As diverse as the city itself, the locals embody the spirit of Morocco. Traditional dress, a harmonious blend of intricate patterns and vibrant hues, reflects the rich culture. Customary greetings, often accompanied by a cup of mint tea (quintessentially poured from a wide distance from the cup!) elucidate the city's love for human connection and shared moments.

El Jadida

Originally known in Berber as Mazagan (known in Portuguese as Mazagão). El Jadida is located along the Atlantic Coast, between Casablanca and the popular coastal town of Essaouira, and is somewhat of an off-the-beaten-track destination for international tourists. The city's appearance is a beautiful and unique architectural mixture of Moorish-Portuguese-French influence. With a beautiful and long coast line that attracts over 10 million visitors from around the world each year, El Jadida is a great choice for people who love swimming, sunbathing, and enjoying ocean vistas at a relaxed pace. The narrow streets, serene ambiance, and freshly caught seafood at local cafes are what attracts a traveller the most.

Located next to the traditional port town of El Jadida, classified as a UNESCO World Heritage site is Mazagan Beach & Golf Resort. Guests can roam within the citadel walls and discover a traditional and authentic Moroccan city. A hotel within the city – or better described as a city within a city, this five-star beach resort offers a perfect end to the Moroccan holiday. The pristine coastline, sweet-scented gardens, and state-of-the-art golf course overlooking the Atlantic make Mazagan Beach & Golf Resort a truly magical destination. Designed to mirror traditional Moroccan architecture, the main structure known as the Grand Riad, hosts 492 guest rooms and suites. Inspired by the Arab and Moorish interior design principles, the rooms are comfortable and cozy, while modern furnishings provide a sophisticated touch. Guests can experience the Moroccan art-de-vivre through interior design elements crafted by local artisans. The dark-wooden furniture and spacious, elegant washrooms present throughout the resort are also essential elements of the Moroccan architectural tradition.

Morocco... a complex cultural crossroads of the Arab/Muslim world, the African/sub-Saharan world and the western, "globalized" world is truly the land of storytelling, spices, hospitality, and wonder! This exotic destination maintains an aura of mystery, and can never quench your thirst for more stories. Go explore this mystical land and create your own.



The Art of HOLIDAY DECOR

It's that time of year when we all look forward to turning our homes into enchanting wonderlands. From shimmering lights to festive ornaments, our living spaces come alive with the festive spirit. We invite you to join us on a journey into the realm of festive decor. We've curated a collection of valuable tips and creative ideas from different designers to help you adorn your home with elegance and charm, transforming it into a delightful holiday haven.

Pooja Patel, Founder, Artisanry Furniture Studio believes in a timeless décor using natural materials and seasonal colours and statement lighting to create that personalized space that appeals to all.

Timeless Pieces: Look for classic designs such as exquisite dining tables, sophisticated sofas, and statement coffee tables that will be the cornerstones of your festive decor.

Natural Materials: Consider adding wooden accents, a marble tabletop, or indulgent fabric upholstery to elevate your space.

Old and New: Combine antique or vintage furniture with modern handmade pieces to add character and depth to your decor.



For more ideas, visit
[@artisanryfurniture](#)
on Instagram

Rich, Seasonal Colors: Embrace the warm and inviting ambiance of the festive season with rich, seasonal colors like deep reds, emerald greens, and regal blues.

Statement Lighting: Enhance the mood with eye-catching chandeliers and unique lighting fixtures that take center stage in your space.

Art and Accessories: Handpicked art and sculptures add a touch of sophistication, while decorative items like vases, candles, and cushions contribute to a well-rounded look.

Furniture: Create cozy seating arrangements and ensure both functionality and visual appeal.

Personal Touch: Infuse your decor with a personal touch with family heirlooms, custom-made decor items, or DIY projects.

Designer Deepshikha from Design Infinite believes that the holiday season offers such a great opportunity to have fun with adornment.

"From an aesthetic perspective, it's best to come up with a theme and colour palette and work within those parameters"

Where to Start: Look around and grab inspiration from the style and colours in your home and go from there for a cohesive look. Always create one big statement, then make everything else secondary. If your aesthetic skews more minimalist, then keep it subtle, elegant, and pretty with winter berries in vases, wreaths on windows, garland strung throughout the house, and flowers and magnolia in every room and VOILA!

Palettes: Red and Green are the typical Christmas colour palettes. If you decide to lean onto the theme of silver and gold along with some neutral, it will work with any colour scheme. Adding warm pinks, creams, and tangerine can be a refreshing take on the classic palette.

Textiles: Instead of buying pillow covers that scream Christmas, consider simply matching them with neutral pines or sage wreaths. Steer clear from stuffed snowman pillows or pillows with quotes. Draping a faux fur throw on your dining chairs or couches makes the space look cozy. Plaid textiles in the form of table runners and napkins to stockings create a magical holiday retreat.

The Grand Entrance: Style the entrance by arranging a grouping of festive candleholders and large, sturdy flameless candles for a warm glow in mismatched lanterns.

The Tree: If you have a large home, you may want to consider having multiple trees. Allow each tree to have its own personality. Adding a more natural element to your tree is important. Instead of a tree skirt, try a big ceramic planter, it elevates the tree and gives you more room for Santa's surprises.

For more ideas, visit
[@designinfinitedxb](#)
on Instagram



Mantel Mania: In warm regions like ours, in absence of a fireplace mantel, you can convert a living room console table into your own mantel moment, complete with a wreath and coordinating stockings. Use faux mushrooms, branches, and wooden accents for a twist. Garlands of pinecones and chestnuts give this look a seasonal spin. Festive ribbons and vases of flowers add an additional pop of cheer.

Set the Scene with Green: Eucalyptus branches in a vase, indoor plants in dressy planters made of Rattan and Magnolia or mistletoe wreaths speak festive. You can also add moss, princess pine, and berries for a winter wonderland feel.

Things like a garland above a doorframe, around a full-size mirror, a packed basket full of oversize metallic baubles, and a delicate paper sprig of mistletoe hung here and there are perfect options for minimalistic Christmas decor.

In a minimalistic home, a few large stockings and gigantic paper garland layered over the sideboard pack on the drama, while the muted colour palette prevents the space from feeling too over-the-top.

Consider repetition as an easy, low-maintenance way to make a statement.

Tablescape: Layer the dining and coffee tables with whites, creams, and ivories. Add a vibrant green bouquet to keep a neutral tablescape. Tie a batch of festival foliage to the back of each chair. Give some floor-to-ceiling appeal by adding pine branches and mistletoes to the chandelier.

Bespoke: Decorate with wooden-handmade nutcrackers for a uniquely modern, and oh-so festive touch.

Seasonal scents: Bring the woodsy smell of a winter forest into your home by slowly simmering a bowl of orange slices, cinnamon sticks, and dried rosemary sprigs. Another interesting DIY could be a generous amount of fresh sage and a Styrofoam wreath hung with a thick grosgrain ribbon above your kitchen entryway. For pretty Christmas ornaments that smell as good as they look, try adding essential oils and chunks of whole spices into glass balls. The fragrance of a classic winter candle is also a good addition.

Bhawana Satwani from Aura Interiors

“Transforming the ambiance of any space doesn't always require major renovations; it's often the little changes that can make a significant difference. The challenge lies in identifying and implementing these subtle alterations.”



To know more, visit
aurainteriors.ae

Your space is like your favorite canvas - a place where you can express your unique style.

A bold choice of colors - Pick calming sage leaf green and lively viva magenta as main colors. Add a bit of gold, some shiny metallic accents, and, of course, the timeless green and red to create a color palette that captures the holiday spirit.

Think about adding festive accent pillows, cheerful rugs, and pretty table mats. Don't forget to include charming reindeer-shaped candles and one-of-a-kind centerpieces for that extra dash of delight.

This year, try out smart LED bulbs that let you choose the perfect lighting to match the mood. Select lighting that makes your chosen colors pop.

Reuse and recycle is the key. You can reuse your old decorations by using spray paint to change the colour and tweaking it to suit the new decor. Embrace the beauty of nature with pinecones and evergreen branches and let plenty of natural light into your space. Bring in real indoor plants such as Poinsettia, Gardenia and some succulents and flowers to blend seamlessly with your decor.

For that touch of glamour. Imagine glittering decorations, shiny metallic accents, and a hint of pink and gold to set the stage for a sparkling celebration. Infuse your space with the inviting scents of cinnamon, pine, and gingerbread to create a warm and nostalgic atmosphere. Using natural aromas by burning camphor could also be an option.

In the end, remember that simplicity is key.

Star Speak

HOROSCOPE IS THE BEST WAY TO KNOW WHAT YOUR STARS FORETELL, LET US SEE WHAT'S IN STORE FOR YOU THIS MONTH. BASED ON YOUR ZODIAC SIGN BY BHAVNAA. S

Bhavnaa is a practising Consultant Psychologist, Author, and a Certified Astrologer with over 23+ years of experience in the field. For personal consultations, you could write in at ask.bhavnaa@gmail.com



Aries | Mar 21-Apr 19

It's post-eclipse hangover for you Aries. Issues have been brewing for a while and if you've been avoiding them assuming your marriage or romantic partner hasn't been noticing, you could be riding high on denial. This month could be a game-changer where you may need to sit down and address those behavioural, financial or intimacy-related issues. Jupiter in your 2nd house could also bring to the surface long-standing loans or obligations. Mars and Sun in your 9th house of legality, suggest you be clear about where you stand on such matters.



Taurus | Apr 20-May 20

With Jupiter retrograde in your 1st house, and Sun-Mars conjunction in your 7th house of relationships, there's a lot of heavy activity going on. With Jupiter retrograde, the planet of the teacher, Guru, and abundant helper – heavy karmic lessons about whom to trust and whom not to – have been brought forward this period. If you've recently been hit hard and are disappointed with somebody, there's a high chance you attracted this very lesson to learn what you needed to. Don't overreact this period. Be still and walk away silently.



Gemini | May 21-Jun 20

Saturn direct in your 10th house is a big signal towards the achievement of a goal, or the establishment of a certain 'understanding'. You could be promoted to a senior role after a gruelling period of trying to prove yourself. You could be a proud parent of a child whos' achieved something. You could become a parent or adopt a baby, or even become a grandparent for the first time! Some of you could even marry your kid off. With Saturn at the strongest apex of your chart – you are at the most 'watched' space now and for some time to come.



Cancer | Jun 21-Jul 22

Saturn has gone direct in your 9th house of dharma, legality, migration, and foreign matters. For those in a legal career, you've got your work cut out as the energies get you pulled into heavy case-load. With Venus and the ecliptic node coming together in your 4th house of home and land, old discussions or legalities could come up with regards to an old property sale, documents, and nominees. It would be best to have a grip on your emotions as Sun and Mars sitting too close to one another could propel you to talk before you think.



Libra | Sep 23-Oct 22

Venus joins together with the ecliptic node in your 1st house, the house of the self. For some this could be difficult, especially if you've gone through a break-up. Jupiter in your 8th house could have you reminiscing about an ex or see you get back with an ex. With Sun and Mars in your 3rd house, there could be some news with relation to your younger sibling that could stir your emotions. This could have something to do with joint assets or even a similar course of study or a joint investment. Hear him or her out.



Scorpio | Oct 23-Nov 21

Money is the theme. Sun and Mars in your 2nd house of family income, wealth, land, profits, and assets could suggest a need for consulting a financial guide, and in some cases legal support. A difficult time for those who have been running away from financial obligations. Avoid taking a loan. Risky ventures or stock market splurges are not recommended. For those hoping to get their money back, I think you're going to need to be more patient as it may not be looking so good for the other party.



Leo | Jul 23-Aug 22

The past few months may have tested your faith and belief. Saturn in your 8th house of transformation could have brought up themes such as a death, divorce, inheritance, chronic illness, intimacy and possibly even the occult. This month tests your sustenance on your chosen path. A decision you've taken may not bode well with your family. A location change could be on the cards. For those embroiled in a divorce, a decision to look for alternative legal counsel could surprise your existing support system. Jupiter in your 10th house of your bosses indicates someone superior has your back.



Sagittarius | Nov 22-Dec 21

Sun and Mars in your 1st house of the self can get you feeling restless and antsy over the smallest discrepancies and mishaps. Venus alongside the ecliptic node in your 11th house could also feature an old emotional issue between a friend and you come up. If you're not wanting to engage in it, stay silent. Brute verbal force could only make matters worse. Avoid late night parties and large social gatherings this month if possible. Saturn in your 4th house and Jupiter in your 6th house of health could make you introspect on your mind-body relationship and improve it.



Capricorn | Dec 21-Jan 20

There could be something bothering you that you've been keeping quiet about. Sun and Mars together in your 12th house of the unconscious mind suggests internalized rage trying to make itself noticed. You can consider therapy. Holistic healing may assist if you start sensing more physiological problems. Venus in your 10th house of your profession or job, sitting with the ecliptic node has been making efforts feel at vain. A romantic relationship within your office could come to a jarring end. A female colleague or boss could prove to be a bit difficult. Your child could need more attention from you than usual.



Virgo | Aug 23-Sep 22

Saturn in your 7th house has already given you a jumpstart of sorts. For some this could have meant a marriage arranged by family and having to forge through a new terrain of understanding a whole new set of people. The ecliptic nodes in your 2nd and 8th house axis suggest a family involvement, introducing you to prospective business connections or a potential romantic partner. Jupiter in your 9th house could indicate positive news in relation to foreign, legal, import-export and document matters. This could also signify a decision to tie the knot or formalize a business agreement.



Aquarius | Jan 21-Feb 18

Venus and the ecliptic node in your 9th house could make you want to venture out on a spiritual journey, perhaps to some holy places with archaeological significance or to meet a holy figure. You may have to entertain guests or visitors. It could be hard on your nerves because of Saturn's water-tight presence in your 2nd house of budgeting and finances, but you'll be surprised how much-needed it will be for you if you just let loose a bit. Sun and Mars in your 11th house of groups and networks guides you to consciously stay away from controversy and gossip.



Pisces | Feb 19-Mar 20

Saturn's retrograded back to the initial degree of your sign Pisces. This retrograde has taught you to reserve your energies for those who deserve it, to draw stronger boundaries, even with those who are at authority positions. You could become busier with work and personal responsibilities, which could reduce the time you give your loved ones. Finances are your focus now, and with the ecliptic node transiting your 2nd house of money, there is every possibility of those around you asking for support. Be wise and stringent with your financial decisions.

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